



Move over Virginia...

New Zealand is for lovers

PAGE 16



TOUGH TIMES IN MOSS PARK

Down and out, working-class but out of work, Tina and Bobby (portrayed by actors Emma Slipp and Graeme McComb) in Patrick McDonald's play Moss Park try to sort out their roller-coaster relationship and difficult circumstances. For more about the Great Canadian Theatre Company's newest production, see page 8. JOE LOFARO/METRO

Protesters to Catholic students: Religion class optional

Education. Secularist group to hand out 'get out of jail' coupons at schools



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Members of a secular humanist group say they will be handing out "get out of jail" coupons to Catholic high school students on Friday, advising them they

have the right to opt out of religion classes.

An email from Secular Ontario said supporters "will be on public property in front of a selected publicly-funded Catholic secondary school to distribute coupons to students," when classes finish in the afternoon.

The coupons, which look like something you'd get in a store or magazine, quote Section 42 (13) of the Ontario Education act saying no one attending a Catholic school board school is required to take part in any courses or program of

religious study if the parent or guardian of the student applies in writing.

The colourful coupons are bilingual and display a spoof Monopoly "Get out of Jail Free" card with the word jail crossed out and the words "forced Catholicism," written on top.

The group says that while students have the right to opt out, the classes are presented as mandatory and school boards hassle people who make the request.

"We see it as both a violation of the Education Act and

the Charter of Rights and Freedoms," said Henry Beissel, a retired university professor and member of Secular Ontario.

Beissel said that when former Ontario Premier Bill Davis extended public funding to Catholic secondary schools it was on the understanding — and written into law — that anyone could attend and wouldn't be compelled to participate in religious instruction.

"I object, personally, to paying taxes for religious instruction," said Beissel.

Beissel was unable to pro-

vide a local Ottawa example of a student being denied such an exemption, but the Toronto Star reported in 2012 that a family in the Dufferin-Peel Catholic District School Board and another in the Simcoe-Muskoka Catholic District School Board ran into difficulty getting their children exempted.

Asked how the Ottawa Catholic School Board would deal with such a request, the board sent Metro a written statement attributed to Julian Hanlon, the board's director of education.

"We treat all requests for

exemption for Religious Education courses in High School on a case-by-case basis," the statement said.

Regarding how the board would respond to the protest, the statement said, "We did not know about the protest, but would not do anything about a peaceful protest off school property that did not impede the safe flow of student, staff and vehicles in and out of the school property."

Secular Ontario said it would reveal the location of their protest on Thursday.

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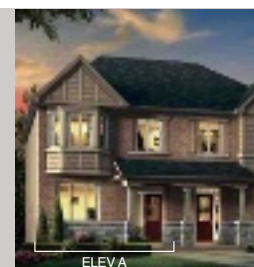
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Ottawa Bluesfest

Weird Al coming to the capital

"Weird Al" Yankovic and his Mandatory Fun tour are invading Ottawa, and their beachhead in the capital will be Ottawa Bluesfest, according to the parody singer's website.

METRO



"Weird Al" Yankovic
THE ASSOCIATED PRESS

Instant Super Bingo

Orleans resident takes \$50K prize

Cindy Faucher of Orleans is the latest winner of a \$50,000 top prize with Instant Super Bingo, OLG announced Tuesday.

Odds of winning a prize (but not the top \$50,000) are 1 in 3.25, the lottery corporation says. The winning ticket was purchased at Gateway on Rideau Street in Ottawa.

METRO

Correction

In the Jan. 20 edition of Metro, we mistakenly affirmed the Wine Rack is government-owned. In fact, it's owned by the retail division of Constellation Brands Canada. We regret the error.



From left: Kevin Keohane, Manuela Teixeira, Michael O'Farrell, Mayor Jim Watson, Alex Van Dieren and Nicolas Cazelaïs, just after the announcement of the Winter Brewfest at Lansdowne Park on Tuesday. JOE LOFARO/METRO

Winter Brewfest adds more labels

Lansdowne Park.
Organizers announce several microbreweries joining the festival



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Skaters on the Rideau Canal Skateway will be able to hop over to Lansdowne Park and indulge their appetite for some local craft beer during Winterlude.

The minds behind Fest-ibiere, who are bringing their popular Gatineau beer festival to Ottawa for the first time this winter, announced more signature microbreweries Tuesday that will be offering beer at the inaugural Winter Brewfest.

The event will take place inside the Horticulture Building at Lansdowne Park on Feb. 13 and 14 during the final weekend of Winterlude.

Confirmed breweries include Beau's All Natural Brewing Co., Beyond the Pale, Whipsnapper, Kichesippi Beer,

Dominion City, Cassel, Big Rig and Bicycle Craft.

"We'll probably be doubling that, so (it's) another eight to 10 that we'll be adding," said Winter Brewfest general manager Michael O'Farrell, who said the event will "mirror what we do in Gatineau but with completely different kinds of beers from Ontario."

Bicycle, Dominion City and Cassel are each donating a keg that will be featured at three sessions spread out over Friday and Saturday. Sales from the kegs will be donated to the Children's Hospital of

Eastern Ontario (CHEO), said O'Farrell.

Kevin Keohane, executive committee member of the CHEO board of directors, said the proceeds will support the purchase of hospital equipment and research.

"Events like this are tremendously important. All of them add up to a great deal of money," said Keohane. "By coming in and selecting CHEO to take part in this year's event, you're contributing to our efforts to provide almost \$15 million in support to CHEO this year."

1 NEWS

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CHRISMETZ

Heritage renovations get the nod

Alta Vista. Planning committee approves proposal for Charles Billings House, with final green light to come from city council



LUCY SCHOLEY
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An Alta Vista heritage house faces partial demolition and renovations after the planning committee voted in favour of a proposal to fix it up on Tuesday.

Charles Billings House, at 187 Billings Ave., was built sometime before the 1850s and is one of the oldest homes in the neighbourhood. It's also considered a rare example of the Ontario cottage style — fashionable from the 1830s until the 1870s. It went through three generations of the Billings pioneer family.

The building is now vacant and "has fallen into a general state of disrepair," according to

an architectural report.

The owner wants to demolish about 20 per cent of the building and create a larger addition in keeping with the style of the original building: Diamond-shaped windows, a gabled roof entrance and a setback from the road in early settlement fashion.

Planners said the renovations are in keeping with the city's heritage standards, including preserving 80 per cent of the original building and mimicking the original style, while keeping it clearly separate from that building.

Although the renovations narrowly slipped through a built heritage sub-committee last week, the planning committee unanimously agreed to move it ahead to city council.

Leslie Maitland, president of Heritage Ottawa, said she also agreed with the planners on the project, but expressed concern that lifting the house off its stone foundation would make it vulnerable.

The proposal must be approved by city council on Jan. 28.



A design of the proposed renovations to the historic Charles Billings House. The remaining heritage-designated portion of the building is outlined in red.
COURTESY BARRY I. HORIN AND ASSOCIATES ARCHITECTS

Input sought on small-business zoning amendment



Tinted Edge Hairstudio, at 485 Cumberland St., is subject to a proposed zoning amendment that could help keep small businesses open in residential neighbourhoods. LUCY SCHOLEY/METRO

Ottawa wants to open doors to new mom-and-pop shops in your neighbourhood — and keep existing corner stores alive.

The city has drafted a new zoning amendment that would allow “micro-retail” spots like yoga studios or cafés to pop up in these otherwise residential neighbourhoods. Or, if a corner store closes, a new owner would be able to re-open something else, like a restaurant, in that space.

Under current zoning by-laws, small businesses grand-

fathered into residential areas are limited in use. If a decades-old sandwich shop closes — or the owner dies — that building usually flips to residential use to fit with the neighbourhood.

Because it's costly for a small-business owner to apply for rezoning (\$15,000 to \$20,000) or flip a commercial space into a new home, some neighbourhoods risk getting an abandoned, derelict building instead of a new business.

"Let's open up the door to other commercial opportunities that fit within the char-

acter of the neighbourhood," said Andrew McCreight, a planner with the city's zoning studies group.

The bylaw amendment would also make it easier for building owners to open new commercial spots in residential areas. The catch: Those micro-retail ventures must be in a residential space, on the ground floor and no more than 1,000 square metres.

This draft bylaw is the result of a city study in 2013 that surveyed 360 people. More than 1,000 people looked at

and partially completed the survey, said McCreight.

The neighbourhoods up for re-zoning include those in Rideau-Vanier, Rideau-Rockcliffe, Somerset, Kitchissippi, Capital and Alta Vista.

The city will be asking for more input at a public consultation on Jan. 21. That session will run from 6:30 to 8:30 p.m. at Jean Pigott Place in Ottawa City Hall.

City planners are aiming to send a report to the planning committee in April.

LUCY SCHOLEY/METRO



Premier Kathleen Wynne shares a laugh with Mayor Jim Watson before delivering a speech in Ottawa on Tuesday. Following her speech, Wynne challenged federal leaders to step up on infrastructure funding across Canada.

ADRIAN WYLD/THE CANADIAN PRESS

Wynne proposes investment pact

Infrastructure.

Federal monies were welcomed, but more funding from Ottawa needed for provincial projects: Premier

Premier Kathleen Wynne has proposed a sweeping, multi-billion-dollar national infrastructure partnership between the provinces and the federal government, despite growing concerns about the impact of falling oil prices on Ottawa's bottom line.

"We are not asking the federal government to do it all," Wynne said in a speech Tuesday to a Canada 2020 luncheon. "We are asking the federal government to do more."

The premier said the so-called Canadian Infrastructure Partnership would be a collaboration aimed at investing five per cent of GDP in infrastruc-

ture renewal — almost \$100 billion a year.

She said experts estimate that governments in Canada currently invest between three and 3.5 per cent of GDP in public infrastructure.

In response, Finance Minister Joe Oliver pointed to existing federal infrastructure spending in Ontario.

"Our government has delivered unprecedented investment in Ontario's infrastructure — from new subway expansion, to renovated roads to improved public transit ... Ontario has received over \$12 billion in infrastructure funding," he said in a statement.

The Conservative government previously announced a 10-year, \$53-billion plan to build infrastructure, including roads, bridges and rail systems.

Wynne said those investments were welcome, but suggested they don't go far enough.

"Even when you account for federal spending on its own infrastructure assets in Ontario

and the money it transfers directly to municipalities, the province of Ontario currently still invests three times as much as the federal government in public infrastructure in the province," she said.

"Despite this, the federal government receives almost an equal share of the revenue generated from these investments. This disparity is a detriment to the Canadian economy as a whole."

Speaking to reporters after her speech, Wynne denied she expects too much from the federal government in the midst of plummeting oil prices.

She called on all federal leaders, including Liberal Party Leader Justin Trudeau, to step up on infrastructure.

"Tell us what you will do to help Canada catch up and ultimately take the lead when it comes to the kind of infrastructure that is essential for our economic competitiveness," she said in her speech.

THE CANADIAN PRESS

Protesters decry wage freeze as premier makes funding pitch



Hecklers are escorted outside as Kathleen Wynne gives her speech.

ADRIAN WYLD/THE CANADIAN PRESS

Outside the Chateau Laurier where Premier Kathleen Wynne spoke at the Canada 2020, about a dozen protesters from the Ontario Public Service Employees' Union carried signs and waved a large caricature of the premier.

Her speech was interrupted by hecklers who were escorted from the room. It

wasn't clear if the hecklers were part of the protest outside the hotel.

Thousands of OPSEU employees are threatening to strike over an Ontario government proposal to freeze wages for two years and reduce the salaries of new government employees by five per cent. METRO, WITH FILES FROM

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Government's top-secret site was secured by padlock

E-surveillance agency. Ottawa firefighters easily cut lock to gain entry to high-security CSEC campus, documents reveal

An Ottawa fire revealed one of the federal government's most secret installations had an "extreme vulnerability" as it was being constructed — a back gate secured by only a simple padlock.

Ottawa fire crews responding to the blaze cut open the lock and swung open the gate to gain access to the new sprawling campus of Communications Security Establishment Canada.

In the wake of the fire, which caused only minor damage, officials at the ultra-secret agency responsible for electronic surveillance fretted that news of the easy access would leak out.

And after the Toronto Star requested documents related to the incident, agency staff sought to clamp down on the release of all potential security shortfalls with dire warnings that any disclosures would leave the agency vulnerable to "attack."

That included details about the schedule of security patrols around the property, the names of CSEC employees, which are normally never released, the number of broken surveillance cameras, a missing red security badge and even the suggestion that the guards who prowl the property are all military or ex-military.

Yet in an administrative mistake, the agency provided all that information to the Star — highlighting the sensitive details but not deleting them from the documents provided under an access to information request.

Communications Security Establishment Canada (CSEC) is responsible for electronic surveillance and remains one of the most secretive branches of the federal government even as it has dramatically expanded its staff and capabilities in the wake of the 9/11 terror attacks.

Around midnight on Nov. 9, 2013, a fire broke out on the roof of a building under construction as part of the massive development to relocate the headquarters of CSEC to property shared with the existing head offices of the Canadian Security Intelligence Service.

At the time, the building,



The new Communications Security Establishment Canada (CSEC) complex is pictured in Ottawa on Oct. 15, 2013. A newly declassified evaluation says sketchy expectations, lack of training and poor communication with head office hampered the Canadian liaison teams embedded in the electronic spy agencies of Ottawa's Five Eyes partners. SEAN KILPATRICK/THE CANADIAN PRESS

costing upwards of \$800 million, was just months from completion. And security was tight on the site to ensure that its design and high-tech features remained a secret, and guard against bugging devices being sneaked onto the property.

Rather than come through the front gate, where they were expected, Ottawa fire crews turned up at a different entrance. Confronted with a gate secured only by a chain and lock, the firefighters cut the padlock to gain access.

The small fire — caused

by cans of tar and a heater left on by contractors — was quickly extinguished.

Agency spokesman Ryan Foreman said Monday the fire occurred before the agency had taken possession of the building but said the security shortfall was fixed.

Now that the building is finished, the back gate is no longer used.

Foreman said the Star was inadvertently sent an uncensored package of documents in response to the access to information request.

TORSTAR NEWS SERVICE

Secrets, healing and self-transformation



Conversations with a Rattlesnake co-authors Theo Fleury and Kim Barthel show off their new book. MIKE CARROCCETTO/FOR METRO

The first time Theo Fleury told his story of sexual abuse — years ago — he was wasted.

He reveals that fact in the very first line of Conversations with a Rattlesnake, his new book.

Fleury, who is in Ottawa promoting the book, writes that he was then in his early 20s, and was doing anything and everything to forget, and to hide his pain.

"I didn't want any part of reality. Because ... reality meant I had to feel my feelings, and (had to) remember my past," said Fleury, very candidly. "I didn't want any part of that."

"I didn't have any tools to cope. What I was doing was coping through drugs, alcohol, sex, gambling, food and working too much. All these things that (people) gravitate towards, because we don't want to feel what we're actually feeling,"

Fleury added. "Now I'm OK with sitting in my s-t."

Becoming OK had a lot to do with his co-author Kim Barthel.

Fleury met occupational therapist Barthel at a May 2012 conference in Winnipeg. They were both keynote speakers at the conference. By chance, he slid into Barthel's afternoon presentation.

"I was completely blown away with the information she was providing," says Fleury. "And what she had to say about family of origin trauma. Something I had never even used one brain cell thinking about. Where I grew up and how that (had) affected my life."

Fleury was very curious, wanting to learn more, so, after the presentation, he went up to her to "pick her brain."

"You just changed my life," the Olympic gold medalist told Barthel. The conversation

Life-changing

"What I was doing was coping: through drugs, alcohol, sex, gambling, food and working too much.... Now I'm OK with sitting in my s-t."

Theo Fleury

started immediately.

And they kept going, for almost 2-1/2 years. They had conversations that, ultimately, they started recording, then had transcribed for Rattlesnake, which was released this past November.

"We both started this, I think, with a commitment to a greater mission," says Barthel, a Winnipeg native who now lives in Victoria.

"That has been the guid-

ing principle throughout the whole thing," adds Barthel, who says the book idea came almost right away.

One of the tour's most interesting moments, says Fleury, was when he met a woman at a book signing in Langley, B.C.

"She dropped this photo on the table. I looked at the photo. I looked at her. I could see some similarities. So I asked her what (was) the significance of the picture. She replied, 'This used to be me,'" recounted Fleury.

"I said, 'Wow, really.'"

"I was suicidal and 100 pounds overweight," she told the former NHL star. Then she told him she picked up his 2009 book *Playing with Fire*, "lost all the weight and totally transformed (her) life."

"Just like a rattlesnake does," Fleury nonchalantly adds. MIKE CARROCCETTO/FOR METRO



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Dark 'roller-coaster' comedy Moss Park is sequel to Tough!

Drama. Great Canadian Theatre Company stages followup to play Patrick McDonald put on three decades ago



JOE LOFARO
joe.lofaro@metronews.ca

Whether you're 25 or 65, you can probably relate to Moss Park, Patrick McDonald's sequel to Tough!

Making its Ottawa debut at the Great Canadian Theatre Company (GCTC) this week, Moss Park tells the heartbreaking yet hilarious story of Bobby and Tina — two cash-strapped 20-somethings who make a last-ditch effort at saving their crumbling relationship.

Bobby, played by Graeme McComb, doesn't have a job and can't list a marketable skill, but desperately wants to prove to Tina he can change.

Emma Slipp's character Tina is a mature mother

Quoted

You'll be laughing one second and crying the next."

Actor Graeme McComb

of a two-year-old girl faced with giving Bobby another chance or calling it quits.

McDonald directed the prequel to Moss Park in the 1980s when he was GCTC's artistic director in Tough!

Now, the Vancouverite is making a comeback in Ottawa with this dark, "roller-coaster" comedy.

The play runs just under 70 minutes long and is done in one scene, without an intermission, as a dramatic and heated conversation unfolds on a park bench.

"They put their seatbelts on and go. No stopping, guys," said McDonald Tuesday during a preview performance.

He agreed audiences both young and old will be saying to themselves, "We've all gone through it."

"If we're older it's there.

It's that moment of realization of responsibility and that's whether you're a working-class person from systemic poverty or you're upper-middle class," he said.

McComb, 29, said incorporating those feelings he had when he was younger helps him play Bobby better.

"When I was a teenager I didn't really know what I wanted to do and felt lost before I found the direction that I wanted to take. I can relate to that as Bobby feels the same way," said McComb.

"You'll be laughing one second and crying the next," said McComb.

"That's why George F. Walker is such a good writer because he can do that to you."

Moss Park runs through to Feb. 8 at the GCTC. For more information about the show, visit gctc.ca.

Follow Joe Lofaro on
Twitter @giuseppelo



Emma Slipp and Graeme McComb as Tina and Bobby have a heart-to-heart on a bench in Patrick McDonald's Moss Park, which runs until Feb. 8 at the Great Canadian Theatre Company. JOE LOFARO/METRO

Ottawa seniors could curl their way to Edmonton



Former World Curling Champion and Hall-of-Famer Randy Ferbey was at the Rideau Curling Club Tuesday to promote the Everest Ferbey National Pro-Am.

MIKE CARROCCETTO/FOR METRO

Getting out of the house — and into local curling — could win a local senior a trip: To Alberta, in March.

Former World Curling Champion and Hall-of-Famer Randy Ferbey was at the Rideau Curling Club Tuesday to mingle with seasoned amateurs and help promote the first annual Everest Ferbey National Pro-Am, scheduled for March 21 to 28 in Edmonton. Better yet, there was a carrot at the end of Ferbey's broom.

"This is an event created for the non-competitive, recrea-

Quoted

"This is an event created for the non-competitive, recreational, senior (50-plus) curler."

Actor Graeme McComb

tional, senior (50-plus) curler," says Ferbey.

"They'll have a chance to win a trip (to Edmonton) to play myself and three (other) well-known curlers. They're going to have a ton of fun."

It might be cold outside, but not in "The Patch," where the winner will warm up with many other like-minded folks, to "mingle and socialize," adds the 55-year-old Ferbey, who continues to play and promote the sport of curling, despite no longer playing competitively.

"I do miss it (playing competitively), but I watch it on TV religiously, and every now and then I still think I can compete with these guys," says Ferbey, who continues to play the game recreationally at least twice a week.

Curlers are asked to fill out a ballot on days that they curl at various participating clubs across the country. There are monthly prizes, too.

One national winner will receive a VIP all-expenses paid trip for two to the 2015 Everest Ferbey Pro-Am in the Alberta capital, and participate in the various curling events from Thursday to Saturday.

For more information on the contest, contact your local curling club, or visit everestfuneral.com/curling.

MIKE CARROCCETTO/FOR METRO



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FREE PARKING



Shawna Caspi will be the first musical guest for the new solo acoustic series Sounds Simple, which will be held at A Thing For Chocolate on Wellington Street W. COURTESY IAN SINCLAIR

Thursdays get more musical and chocolaty

Sounds Simple. Homey café A Thing For Chocolate will host solo acoustic gigs for upcoming artists

JOE LOFARO
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Thursday nights in Ottawa's Wellington West neighbourhood are getting a little more exciting if you're into chocolate and free music shows.

The one-year-old A Thing For Chocolate on Wellington Street W. will host a live, house-concert-style music night every Thursday through May 14 with local and out-of-town solo acoustic artists.

The Sounds Simple series runs through the next 17 weeks and will mix together both experienced and emerging artists. Although there are no tickets or cover charge, they are still "pass the hat" performances.

Trish Murray, founder of RedLeaf Music, organized the series and chose A Thing For Chocolate because it is intimate and has the house-party vibe she was looking for. Omar Fares opened the café in a converted house last year.

"Where he has the tables and chairs set up are where

the dining and living room of the house used to be. So it already feels like a house," she said.

She admits she's concerned some nights will be more crowded than others, with a capacity of about 30 people, but not every night will be a full house, she said.

Shawna Caspi, who is originally from Ottawa, will open the series on Thursday at 7 p.m.

"Everybody won't get in that night," said Murray.

Other artists on the roster include Amanda Cottreau, Leonard Youngfoot and Dylan Watts.

Murray said she got the idea last year when it rained during Taste of Wellington and singers had to find a place indoors to continue the show. She met the café's owner, and the partnership grew from there.

An event like this is needed because independent artists need to be able to perform in a quieter setting where they can be heard instead of playing over constant chatter, said Murray.

"It's pretty daunting for a lot of people as their first time to play a show all on their own, to play for a large room of people," she said. "This makes it more accessible for some artists who maybe haven't done this before and also gives them a nice listening room."

Aboriginal Affairs

Bureaucrats volunteered to bake their own snacks

Aboriginal Affairs kiboshed a proposed meeting of all its Ontario staff, who offered to bake their own snacks, gather in a public library and cram onto buses to save a bit of money, a new document shows.

The cash-strapped department — which for years has been dipping into its infrastructure budget to pay for other programs and services — balked at the \$53,500 price tag for a one-day get-together in Toronto.

A briefing note to Aboriginal Affairs Minister Bernard Valcourt outlines why management thought it would be a good idea to bring everyone together for a day.

It says managers found

many strains on the organization, such as people working in an unco-ordinated fashion or in silos and perceptions of deep divides between staff in the different offices around the province.

Aboriginal Affairs had not budgeted for the meeting, so Ontario staff proposed some creative ways to cut costs.

Those ideas included holding bake sales so they'd have treats to munch on during breaks, gathering at a Toronto

public library or university campus and hiring a non-profit group to make lunches instead of a caterer.

Trying to squeeze everything into one day wasn't ideal, staff admitted, since it "does not provide adequate time for function training." But they said it was still the most economical way to bring everyone together.

Senior officials turned down the proposal.

THE CANADIAN PRESS



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Iraq. Canada ahead of U.S. in guiding airstrikes

In helping Kurdish fighters direct airstrikes against Islamic State of Iraq and the Levant (ISIL) forces in Iraq, the Canadian military may have put itself out front of even its closest ally.

The U.S. military is not using its special forces operators in front-line positions, an American spokesman confirmed Tuesday. President Barack Obama has been under pressure from Republicans, defence experts and high-profile advisers to loosen restrictions on the roughly 3,100 U.S. troops who are conducting an advise-and-assist mission in Iraq.

Maj. Curtis Kellogg, a spokesman for the U.S. Central Command, which oversees the allied coalition, said there has been no change in American policy, which has its soldiers

running training missions on bases. Defence experts argue that the operation needs forward air controllers to pinpoint targets for air attacks.

U.S. commanders have defended the policy of allowing Iraqi and Kurdish fighters to suggest targets, which are then checked out by coalition surveillance drones or aircraft.

Canada's commander of special forces says their work gives the coalition confidence that the targets are legitimate.

When asked on Monday when the Iraqis will be able to direct air attacks on their own, Canada's top operations commander Lt-Gen. Jonathan Vance said he expects that "down the road, the Iraqi air force and army will be able to bring in, and guide on" airstrikes. **THE CANADIAN PRESS**

Audit. Dying with Dignity loses charitable tax status

The federal government is stripping Dying with Dignity Canada of its charitable tax status following a political activity audit by the Canada Revenue Agency.

The organization, a registered charity since 1982, advocates for choice and dignity at the end of life, including providing information about patient rights, advance planning and education about physician-assisted death.

Dying with Dignity says the revenue agency has informed it that the organization never should have received charitable status in the first place because it does not advance education in the charitable sense.

Dying with Dignity says in a release that it will continue operations after its charitable status ends next month and that its conversion to a non-

Charity crackdown

In its 2012 budget, the Harper government gave \$8 million to Revenue Canada to audit groups it deemed were engaged in excessive political advocacy.

- **Audit.** The effort has targeted groups that oppose the government's energy policies, foreign aid, human rights and poverty reduction.

profit agency will allow it to conduct political advocacy without constraints.

The group, first registered more than 30 years ago, was re-registered in 2011 when its charitable status was last confirmed. **THE CANADIAN PRESS**

Sexism, alleged drug use at Calgary city hall

Councillor conduct. Committee hears long list of allegations against council for inappropriate behaviour



ROBSON FLETCHER
Metro in Calgary

Calgary's mayor says he has received several complaints about members of council getting exceedingly drunk at community events, drinking during council meeting breaks, and even bringing illegal narcotics to city hall — but there's nothing existing ethics rules can do to stop it.

A veteran female city councillor, meanwhile, says she has witnessed multiple instances of male councillors behaving toward women at city hall in ways that "would be firing offences" in other workplaces.

Their comments came during a wild committee meeting Tuesday surrounding alcohol consumption and expensing policies that turned into a forum for levelling accusations and airing grievances.

Without naming names, committee members took turns outlining concerning behaviour of their colleagues — past and present — while speaking increasingly specifically about events that have not been fully made public.

"To be frank with you, I have received multiple complaints about members of council who have gotten blotto at community events," Mayor Naheed Nenshi said at one point.



Calgary Mayor Naheed Nenshi's Ismaili faith prevents him from drinking, himself, but he says he's received "multiple complaints" about other members of council drinking to excess. ROBSON FLETCHER/METRO IN CALGARY

"I've even received reports of illicit substances in the workplace and at this point there's no way to investigate them," the mayor later added. "There's nothing to do about them."

Coun. Druh Farrell, meanwhile, tied the discussion back to allegations revealed late last year surrounding a "systemic issue" of misconduct within the office of the city councillors that led council to agree to "respectful workplace" training following a closed-door meeting.

"It speaks to a tone and that really concerns me," Farrell said Tuesday. "You have mostly men in a position of power and you have women in supporting roles and you add alcohol into that mix."

Farrell, one of two female members on Calgary's 15-per-

son city council, was first elected in 2001 and said she has seen some "wild parties during working hours" in her time at city hall.

"When I've complained in the past, I've been punished — my wrist has been slapped," she said. "We need to join the 21st century."

Coun. Andre Chabot, a 10-year council veteran, said council has become "way more conservative" in the past decade over these types of issues.

"Previous councils were a lot more lax," Chabot said, admitting he last had a drink in his office in December. "You want to look back at the Ralph Klein days? In the Ralph Klein days they used have to wine for supper — in council."

Chabot also said the allegations raised Tuesday are "untrue" and described some of

his colleagues' comments as "irresponsible."

"When council paints itself in a bad light, then the opinion of the general public becomes that council is running amok," Chabot said.

He and Coun. Ward Sutherland voted against recommended new policies that could forbid alcohol consumption in councillors' offices or during work hours.

Chabot said sometimes city hall guests want to have a drink with a councillor — an occurrence that's only come up three times in his 10 years on council and city policy shouldn't "sterilize our offices of that opportunity."

"I think some people would look at it as disrespectful if they're having a drink and you're not willing to have one with them," Chabot said.

Alberta

Province sets up rat hotline

Alberta Agriculture wants to make it easier to report sightings of rats in the hope of keeping the destructive rodents out of the province.

The province was rat-free for decades, but faced infestations in southeastern Alberta in 2012 and 2014. Norway rats are extremely destructive and can ruin crops and spread disease. The government has set up a toll-free number: 310-RATS (7287).

THE CANADIAN PRESS

Vancouver

Housing market among world's least affordable

Vancouver is the second-most unaffordable housing market in the world after Hong Kong, according to a new study of major property markets.

Vancouver was the only Canadian city that made it to the Top 10 list, but housing markets in Toronto and Victoria were also ranked as unaffordable by the study.

THE CANADIAN PRESS

Girl who stopped chemotherapy has stroke, dies

An 11-year-old aboriginal girl who made headlines with her choice to abandon chemotherapy in favour of alternative healing methods to treat her cancer has died.

Makayla Sault, a member of the Mississaugas of the New Credit First Nation, located near Brantford, Ont., suffered a stroke on Sunday and died early Monday, her family said.

In a statement issued in the Two Row Times, a weekly newspaper covering indigenous issues, Sault's parents called their daughter's death "a tragic loss."

"Makayla was on her way to wellness, bravely fighting toward holistic well-being after

the harsh side effects that 12 weeks of chemotherapy inflicted on her body," her family said.

"Chemotherapy did irreversible damage to her heart and major organs. This was the cause of the stroke."

An oncologist countered, however, saying a leukemia cell could go into the bone marrow and crowd out normal cells. This could result in a very low platelet count which could result in a bleeding stroke in the head, explained Dr. Jacqueline Halton, a pediatric hematologist-oncologist at the Children's Hospital of Eastern Ontario.

"If your white cell count is so high, it can make the blood

very sludgy," she said. "You can have a stroke from the blockage of the arteries in the brain."

Halton added that while certain forms of chemotherapy can possibly lead to a stroke, that would happen within days or weeks of receiving chemotherapy, not months after it was stopped.

Sault wrote a letter last year asking to be taken off chemotherapy, saying that the treatment was "killing" her body.

"I have asked my mom and dad to take me off the treatment," she wrote.

"I know that what I have can kill me but I don't want to die in a hospital on chemo, weak and sick."



Makayla Sault, with her family.
THE HAMILTON SPECTATOR/
THE CANADIAN PRESS

The McMaster Children's Hospital in Hamilton, which had administered chemotherapy to Sault, offered its condolences to her family.

THE CANADIAN PRESS



Paris mayor Anne Hidalgo, right, prominent French physician Patrick Pelloux, second from right, and New York City mayor Bill de Blasio, third from right, are among those standing by after laying a wreath of flowers Tuesday at the site of the Charlie Hebdo newspaper attack in Paris. FRANCOIS MORI/THE ASSOCIATED PRESS

France seeks to lay charges in attacks

Terror. New measures to prevent future attacks include increased intelligence-gathering on extremists

French anti-terror prosecutors were seeking to charge four men Tuesday in connection with the attacks in Paris that left 20 people dead. The men would be the first suspects charged in the country's bloodiest terrorist attacks in decades.

The four men remained in court late Tuesday awaiting an anti-terror judge's decision on whether to open preliminary investigations against them.

The possible charges were expected just hours before the French government was to unveil new measures aimed at helping head off future attacks, giving police more power to tap phones, monitor websites and force Internet companies to block online hate messages.

Prime Minister Manuel Valls will present new security measures Wednesday that will include efforts to increase intelligence-gathering against jihadis and other radicals, block their activities on the Internet and prevent them from collaborating inside prisons or travelling abroad to fight, President François Hollande said.

The court case and the arrests came as Valls urged his nation to do some soul-searching about the country's deep ethnic divisions and declared that fighting hatred, anti-Semitism and racism was a top priority.

The Paris prosecutor's office said the four men in court Tues-

Response to criticism

The White House chief of staff is taking the blame for not having a top-level official at an anti-terror solidarity rally earlier this month in Paris. Appearing on a nationally broadcast interview Tuesday, Denis McDonough noted that the White House has said that it regrets the misstep. The decision, he said, "rests on me. That's my job."

- The Obama administration came under sharp criticism for not sending a high-level representative to the march, which was attended by

more than 40 world leaders and more than a million people. The U.S. ambassador to France, Jane Hartley, was the top American official at the rally.

- McDonough said he regretted it in particular because the stir of criticism that it caused "covered up and obfuscated the very good progress that our intelligence agencies, our law enforcement, FBI and DOJ" have made with their French and European counterparts on confronting terrorism.

day were suspected of providing logistical support to Amedy Coulibaly, one of the terrorists killed by police, and requested they be detained longer.

Coulibaly shot a police-woman to death on the outskirts of Paris and then killed four hostages inside a kosher supermarket before being shot dead by police. It is not clear whether the four suspects, all in their 20s, were involved in plotting the attacks or even aware of Coulibaly's plans.

Five others arrested in the investigation were released without charge, prosecutors said. No one has been charged with direct involvement in the Paris terror attacks. Coulibaly claimed allegiance to the Islamic State of Iraq and the Levant (ISIL) group while the two brothers who attacked the Charlie Hebdo satirical weekly said they were backed by al-Qaida in Yemen.

In Bulgaria, a court on Tuesday agreed to extradite a Frenchman who knew one of the two Kouachi brothers who massacred 12 people at the newspaper. Fritz-Joly Joachin told the Bulgarian court he was innocent and wanted to return to Paris to clear his name.

Meanwhile, France honoured a Mali-born employee of the kosher market who saved lives there by granting him citizenship.

Lassana Bathily, 24, was in the store's stockroom when Coulibaly burst in upstairs and killed four people.

He turned off the freezer and hid a group of shoppers inside before sneaking out to speak to police and help the operation to free the 15 hostages and kill the attacker.

Bathily has lived in France since 2006. He had filed an application for French citizenship last year. **THE ASSOCIATED PRESS**

AirAsia. Plane climbing fast before crash: Official

An AirAsia plane that crashed last month with 162 people on board was climbing at an abnormally high rate, then plunged and suddenly disappeared from radar, Indonesia's transport minister said Tuesday.

Ignasius Jonan told Parliament that radar data showed the Airbus A320 was climbing at about 6,000 feet a minute before it disappeared on Dec. 28.

"It is not normal to climb like that, it's very rare for commercial planes, which normally climb just 1,000 to 2,000 feet per minute," he said. "It can only be done by a fighter jet."

He said the plane then plunged toward the sea and disappeared from radar.

Jonan did not say what caused the plane to climb so rapidly.

In their last contact with air-traffic controllers, the pilots of AirAsia Flight 8501 asked to climb from 32,000 feet to 38,000 feet to avoid threatening clouds, but were denied permission because of heavy air traffic. Four minutes later, the plane disappeared. No distress signal was received.

An excessively rapid ascent



A member of Indonesia's National Search And Rescue Agency carries airplane parts of AirAsia Flight 8501. ACHMAD IBRAHIM/THE ASSOCIATED PRESS

is likely to cause an airplane to go into an aerodynamic stall. In 2009, an Air France Airbus A330 disappeared over the Atlantic Ocean in bad weather while flying from Rio de Janeiro to Paris. Investigators were able to determine from the jet's black boxes that it began a steep climb and then went into a stall from which the pilots were unable to recover.

Airbus spokesman Justin Dubon said Tuesday that it was too early to comment on possible similarities between the two crashes. **THE ASSOCIATED PRESS**

Ransom demand

ISIL threatens to kill Japanese hostages

The Islamic State of Iraq and the Levant (ISIL) group threatened to kill two Japanese hostages within 72 hours, demanding a \$200-million ransom in a video posted online Tuesday that showed a masked militant standing over two captives. **THE ASSOCIATED PRESS**

Mexico

Tests yield no DNA in charred remains

Mexican prosecutors said Tuesday that an Austrian forensics lab has been unable to find any more DNA that could be used to identify charred remains that might be those of 42 missing college students, but said they have authorized a last effort.

The University of Innsbruck offered to use a last technique, known as massively parallel sequencing, which uses computers in co-ordination to perform a task. **THE ASSOCIATED PRESS**

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Retail. Goodlife Fitness eyeing Target locations

Is a Canadian exercise club a good fit for an old Target? Goodlife Fitness seems to think so.

In a statement sent out Tuesday, Goodlife Fitness said it is eyeing the soon-to-be-vacant Target stores across Canada as an option to expand.

The fitness chain's goal is to expand to 400 locations in 2015, with a goal to eventually reach 1,000 storefronts, the CEO said.

"The former Target locations provide spacious and convenient locations that would be an excellent space," David Patchell-Evans, Goodlife Fitness CEO, said in a statement. "In 1999, we acquired 12 of the former Eaton's stores, and at that time we were a much smaller company and solely based in Ontario, so we are definitely

poised for this type of growth.

"We want our real estate and shopping-centre partners to be healthy and successful, too, so this would be a positive solution for all."

Patchell-Evans told Metro that Goodlife is looking at a number of options but would not go into specifics.

"(We're) in the beginning stages of expressing interest in many Target locations and evaluating what might be possible," he said. "To date, we have had high-level discussions with a number of landlords."

Patchell-Evans said former Target employees are encouraged to apply for jobs with Goodlife, noting whenever possible, Target employees would get first crack at interviews.

ELISHA DACEY/METRO IN WINNIPEG



This Target store in Toronto could be sporting a new logo as part of Goodlife Fitness growth strategy. THE CANADIAN PRESS

Market Minute



DOLLAR
82.60¢
(-1.10¢)



TSX
14,398.44 (-4.06)



OIL
\$46.47 US (-\$2.66)



GOLD
\$1,294.20 US (+\$17.30)

Natural gas: \$2.831 (-29.6¢)
Dow Jones: 17,515.23 (+3.66)

Teen builds Braille printer with Lego kit

California. Eighth-grader's dream of producing a low-cost machine for the blind gets backing from Intel

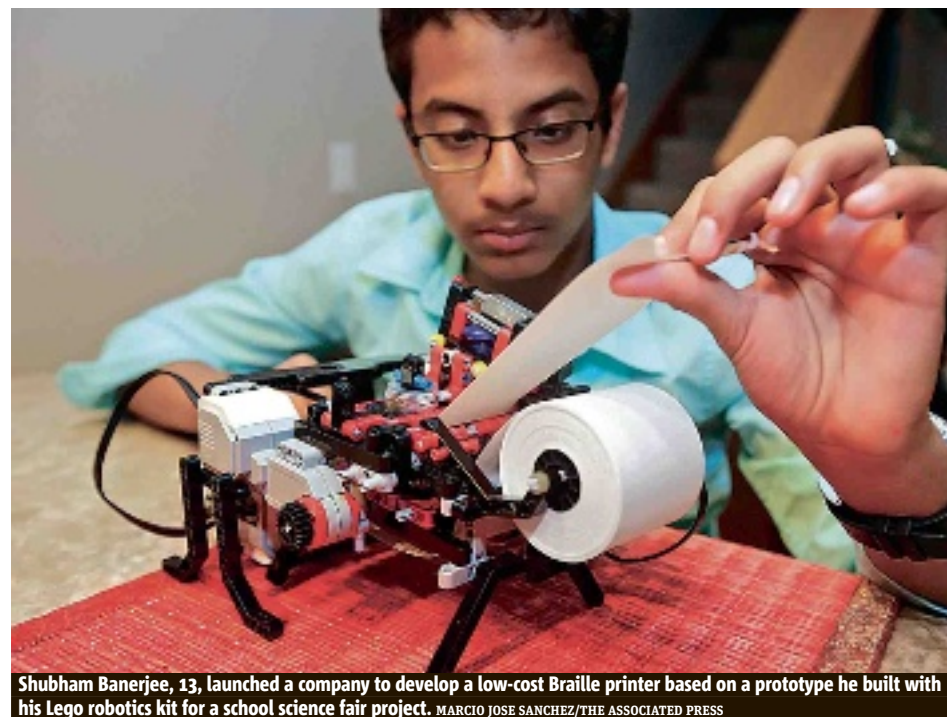
In Silicon Valley, it's never too early to become an entrepreneur. Just ask 13-year-old Shubham Banerjee.

The California eighth-grader has launched a company to develop low-cost machines to print Braille, the tactile writing system for the visually impaired.

Shubham built a Braille printer with a Lego robotics kit as a school science fair project last year after he asked his parents a simple question: How do blind people read? Shubham did some online research and was shocked to learn that Braille printers, also called embossers, cost at least \$2,000 US — too expensive for most blind readers, especially in developing countries.

Shubham wants to develop a desktop Braille printer that costs around \$350 US and weighs just a few pounds, compared with current models that can weigh more than 20 pounds.

After the Braigo — a name that combines Braille and Lego — won awards and enthusiastic support from the blind



Shubham Banerjee, 13, launched a company to develop a low-cost Braille printer based on a prototype he built with his Lego robotics kit for a school science fair project. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

community, Banerjee started Braigo Labs last summer with an initial \$35,000 US investment from his dad, Niloy Banerjee, an engineer who works for Intel.

Shubham used the money to build a more sophisticated version of his Lego-based printer using an off-the-shelf desktop printer and a newly released Intel computer chip. The new model, Braigo 2.0, can

translate electronic text into Braille before printing.

Intel executives were so impressed with Shubham's printer that in November they invested an undisclosed sum in his startup. Intel officials believe he's the youngest entrepreneur to receive venture capital money. Braigo Labs is using the money to hire professional engineers and advisers to help design and build Braille print-

ers based on Shubham's ideas. The company aims to have a prototype ready for blind organizations to test this summer and have a Braigo printer on the market later this year.

Shubham is too young to be CEO of his own company, so his mother, Malini, has taken the job, though she admits she wasn't too supportive when he started the project.

THE ASSOCIATED PRESS

Banking. U.S. retailers lose debit card fees fight

The U.S. Supreme Court on Tuesday rejected a challenge from retailers who claim the U.S. Federal Reserve allows banks to charge businesses too much for handling debit card transactions.

The justices let stand a federal appeals court ruling that upheld the Fed's cap of about 24 cents per transaction on so-called "swipe fees" that merchants pay to banks every time a customer uses a debit card to make a payment. Swipe fees are supposed to cover the banks' costs for providing the service. Before the cap was imposed, fees averaged 44 cents per swipe.

Congress mandated a ceiling on debit-card swipe fees as part of 2010 legislation

passed in response to the financial crisis. The Fed had initially proposed a 12-cent fee limit, but retailers argued that the Fed was influenced to double that level under pressure from bank lobbyists.

Retailers said the Fed deviated from the 2010 law's intent by having the cap include bank expenses that the law doesn't allow. The appeals court rejected that argument, deferring to the Fed's "reasonable interpretation" of the law.

The Fed rule doesn't apply to credit cards, government-issued debit cards, prepaid cards or cards issued by banks and credit unions with assets under \$10 billion.

THE ASSOCIATED PRESS

Airlines

Alitalia plans new routes, hubs after Etihad takeover

Alitalia's new chairman Luca Cordero di Montezemolo aims to make the airline profitable in 2017 following its takeover by U.A.E.-based Etihad Airways.

Alitalia's new strategy envisions new routes from Rome to Dusseldorf, San Francisco, Beijing, Santiago, Chile, among other cities, and extra flights to New York, Chicago, Rio de Janeiro and Abu Dhabi, Etihad's hub.

The new strategy focuses on three Italian hubs: Milan's Malpensa and Linate airports and Rome's Leonardo da Vinci airport.

THE ASSOCIATED PRESS

Financial services

Walmart will cash tax refunds at its U.S. stores

Wal-Mart Stores Inc. is launching a service allowing customers in the U.S. to pick up their tax refunds in cash at its Walmart stores.

It says the process will take the same time as if customers were to file their returns electronically, then get direct deposit, which could take just a week. The service could help people without bank accounts avoid high check-cashing fees.

The stores are teaming up with more than 25,000 tax-preparation locations. Walmart doesn't charge a fee for the cash pickup.

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VOICES

A COOL POPE IS STILL A POPE

With his off-script common-sense pronouncements based on love and kindness, the latest leader of the Catholic church has been handing some excellent smackdowns to the pious powers that be. But when he tells his flock they don't need to be like rabbits, but shouldn't use birth control, what's an agnostic supposed to do but poke fun?



PAUL SULLIVAN
readers@metronews.ca

The latest advice from Pope Francis to the Catholic flock: don't be like rabbits. Presumably he's not referring to having big ears and a cute fluffy tail.

Before I go any further, I should make it clear that Pope Francis is the best pope ever, even better than Pope John XXIII and the unfortunate 33-day pope, John Paul I, who showed brief promise.

Francis, who named himself after the best saint ever, has tightened the Roman collar around more than one powerful Vatican neck with his off-script common-sense pronouncements based on love and kindness.

It was reported that the Pope told a little boy who just lost his dog that all dogs go to heaven. Turns out he didn't really say that, but he didn't rush to issue any denials, either. Just helped pick up the theologians who fainted when they heard the report.

But, hey, he's still the pope, and there's a line the pope can never cross: birth control.

Apparently using any



Pope Francis's latest headline-grabbing remarks: "Some people think that — excuse my expression here — in order to be good Catholics we have to be like rabbits. No. Parenthood is about being responsible. This is clear." METRO PHOTO ILLUSTRATION/GETTY IMAGES/ISTOCK

technology other than restraint remains at the top of the list of Catholic no-nos — the technical term is sins — as the Pope re-affirmed on

the way home from his visit to the Philippines.

Clearly, the shoes of the fishermen weren't quite touching the ground as Il

Papa told reporters that people should practise "responsible parenting," as in, "Not tonight, dear, we already have 11 kids."

You'd think that responsible parenting would include tactical use of condoms, birth-control pills, etc., anything that would

head off the rush of sperm swimming like the dickens to increase the world's population — oblivious as sperm are to the requirement to feed, clothe and house all those babies once they arrive.

Of course this new doctrine of "responsible parenting" is a real departure from the bad old days, when God told good Catholics to breed like rabbits ... and eat fish sticks on Friday. In today's church, says Francis, there's no need to breed like a bunny. But he's a little vague on the appropriate animal role model going forward. Maybe salmon, which have sex every four years.

OK, so I'm not infallible. Poor Francis is wrapped in a dogmatic dilemma: bringing birth control to the party puts a host of horny Catholics on the slippery slope. It means that the option exists to have sex for purposes other than procreation (as if, snort!).

But the church is apparently willing to go down fighting on this one, even if it means confounding the faithful and providing the faithless with another reason to engage in unholy jest.

Forget gyms; what we need are good old-fashioned indoor parks



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Target's departure is going to leave some very large commercial spaces empty, with various mega-corporations jostling to fill the space.

Included on that list is fitness giant Goodlife, which announced this week that it is interested in taking over the lease. As a mildly overweight 40-something dude with two kids, this got me thinking.

With some of these spaces

hovering at around 100,000 square feet, the gym chain could certainly fill these spaces with fun things like pools and saunas — but what I'm really thinking is an indoor park.

In other words, a place where my kids could do what they like to do when they get into a Target or other open area in the winter time: run like the dickens.

I don't mean a fitness club. A park. With plants. A few teeter totters, maybe some hoops, some benches.

Fake grass, real grass, I

Y'know, like a park park

Fake grass, real grass, I don't know — but some place where I don't have to worry about the kids giving some poor security guard the unpleasant task of being the heavy and telling them to not run around.

don't know — but some place where I don't have to worry about the kids giving some poor security guard the unpleasant task of being the heavy and telling them to not run around.

In the '50s, people thought about building Iqaluit under a

giant dome, but that never took off. As a former resident of Nunavut's capital, I'm kind of glad. The outdoors are nice.

But sometimes, even in balmy southern Canada, it's really cold. And there's that nasty period in the spring when it's still really cold, but

taking a canoe to the park seems like a better option than galoshes.

Ottawa, where I live, has some great, large inflatable-dome facilities that even let people go in for walking sessions, but nothing unorganized.

Kids and adults alike need a place to just be themselves.

Maybe there could be a play structure, but not one of those nutty giant hamster mazes. My kids love going to those places and doing laser tag or the trampoline park. Those places are all great but

they aren't what I'm talking about.

When they're little, you have to kind of run after them. Mildly overweight, 40-something dudes do not belong in giant hamster mazes.

Maybe I should get a Goodlife membership.

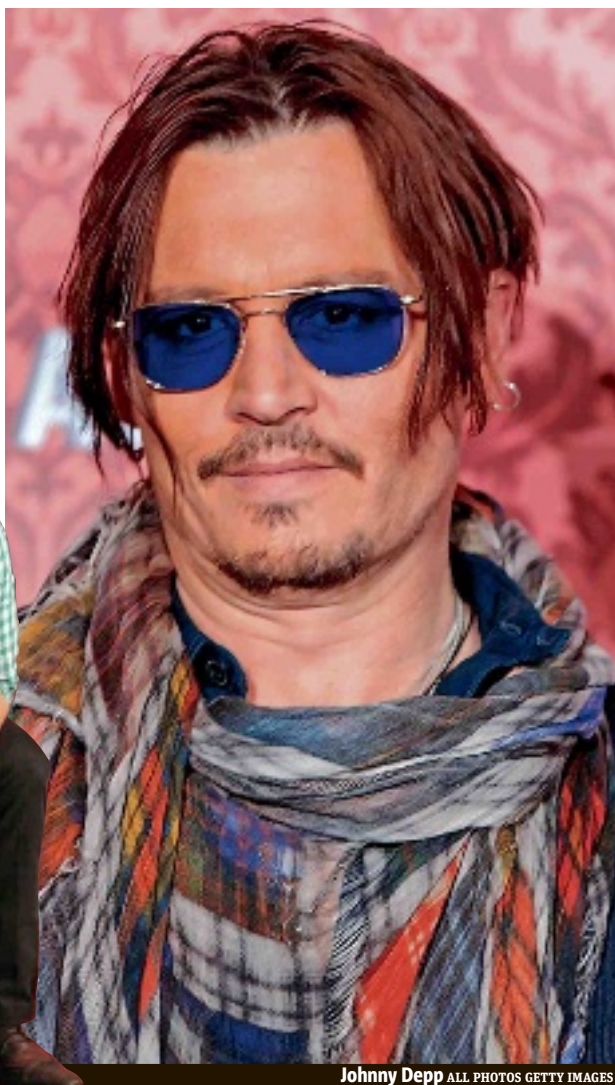
But I still want that indoor park.

Sean McKibbin is the managing editor of Metro Ottawa. He adores his children, who are actually very well behaved but exceptionally fast runners.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Johnny Depp ALL PHOTOS GETTY IMAGES

Johnny is not with the band

Attention actors who try to launch music careers: Stop it. You're making Johnny Depp sick. "That whole idea for me is a sickening thing, it's always just made me sick," Depp said while promoting *Mortdecai* in Berlin. "I hate the idea, 'Come see me play guitar because you've seen me in 12 movies.' It shouldn't be. You want the people who are

listening to the music to only be interested in the music." Firm but fair.

So, according to Depp's strict, Draconian take on how music should be appreciated, which of his fellow movie stars are in violation?

Jared Leto certainly jumps to mind, as does Scarlett Johansson — hey, remember her album of Tom Waits covers? Yeah, no. Oh, and Rus-

sell Crowe has a band. And doesn't his *Mortdecai* co-star Gwyneth Paltrow like to sing, too? Man, they're all going to have some explaining to do when they see Depp at the next *Millionaire Movie Stars* Rotary Club meeting.

But at least some good comes from all of this, as Depp insists, "You won't be hearing The Johnny Depp Band. That won't ever exist."



Ansel Elgort

Emphatically not-gay Ansel is back with his high-school sweetie

Apparently when *The Fault in Our Stars* star Ansel Elgort tweeted that he likes girls — a lot — he really meant just one girl in particular, as Elgort has reportedly reconnected with his high school sweetheart, Violetta Komyshan, four months after they initially called it quits, according to *Us Weekly*. "They just missed each other. He didn't really see anyone else seriously while they were split," a source says. That's not hard to

believe, given Elgort's own statements on fame and success in a recent *GQ* interview: "What's changed is, 'Oh, you can go to this restaurant' or, 'You can go to this nightclub,' but I'm not really interested in that," he said. "I don't really care that some trashy girl, like, now all of the sudden wants to f— me. That's not really that interesting to me."

Charming lad, that one. But anyway, mazel tov to the reunited couple.

How to totally not talk about dating Taylor Swift

Matt Healy, ostensibly the singer of the band The 1975, is becoming much better known as the guy who insists he's not dating Taylor Swift, despite photos of the pair together and his regular comments during interviews about meeting her. But God, guys, why do you keep bringing it up? He totally doesn't want to talk about it. Except he does: It's "all bloody fake. It's a farce," Healy insists during a recent radio interview.

"We met each other, we exchanged numbers in the same way that a lot of people in this world kind of do, and we spoke occasionally. She's the biggest pop star in the world and I'm in Australia. There's no relationship of anything



Taylor Swift

happening. It's just funny how people really, really buy into that."

That's all fine and good, but why do you have to bag on Australia like that? What's wrong with Australia?

Mötley Crüe is apparently still a thing (but not for long)

Unapologetic '80s rockers Mötley Crüe put an expiration date on their ongoing "final" tour, culminating in their last show ever as a band — which probably comes as a surprise to those of us who didn't realize the band was still together.

The last leg begins in North America in July, winding down to a New Year's Eve show in the band's native Los Angeles. And in a signal that their continues to be no justice in the world, Alice Cooper will continue to serve as the band's opening act, which is exactly the opposite of how things should be.

Regardless of how the



Mötley Crüe

years have treated Mötley Crüe, though, I can attest that *Kickstart my Heart* holds up surprisingly well.

Moore was just hating on snipers in general, alright?

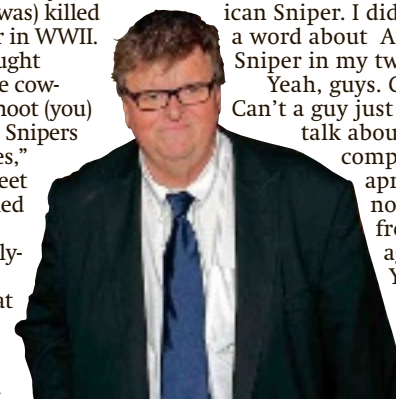
Michael Moore is peeved at the press for turning his casual discussion of snipers and why they're terrible into an attack on box office titan *American Sniper*. The nerve of some people, right?

Moore initially tweeted, "My uncle (was) killed by (a) sniper in WWII. We were taught snipers were cowards. Will shoot (you) in the back. Snipers aren't heroes," and that tweet just happened to go out as most of Hollywood was remarking at how much money Clint Eastwood's new

movie was making. But that does not mean the two are related, according to Moore.

"Deadline Hollywood and the Hollywood Reporter turned that into stories about how I don't like Clint Eastwood's new film, *American Sniper*. I didn't say a word about *American Sniper* in my tweets."

Yeah, guys. Come on. Can't a guy just casually talk about snipers completely apropos of nothing, free of any agenda? Yeesh.



Michael Moore

On Fox drama Empire, Cookie rules the roost

New series. At the heart of show about a hip-hop dynasty is a glamorous, fiercely astute businesswoman

Taraji P. Henson is driving down an L.A. street, chatting on her cellphone, when a billboard catches her eye.

"Hi, me! Hiiii!" she says, smiling at her latest on-screen incarnation: glamorous ex-con Cookie in Empire (which airs Wednesdays on OMNI 2, OMNI AB, OMNI BC and on Fox).

Draped in fabulous furs and drenched in attitude, Henson's Cookie is the heart of the Fox drama, a fiercely devoted mother and astute businesswoman who's fearless when it comes to getting what she wants. Her sometimes-reluctant partner is Lucious Lyon (Terrence Howard), a music mogul deciding which of their three sons should run the family's entertainment empire.

Henson has seen her face on billboards before, with dozens of film credits (including 2008's *The Curious Case of Benjamin Button*, for which she earned a supporting actress Oscar nod) and popular TV series such as *Person of Interest* to her name. "Sometimes I forget, you know what I mean?" she says. "I just go on about my day, and look up and go, 'That's right, I do have a TV show coming out!'"

The 44-year-old actress pulled over to talk with The Associated Press about the new show and the empire that is Taraji P. Henson.

Who is Cookie?

She is a hero. I mean, she is the truth. She is strong.



Cookie Lyon, right, played by Taraji P. Henson, visits her son Jamal (Jussie Smollett, centre) and his partner Mike in the premiere episode of *Empire*. CHUCK HODES/FOX

Will Empire and American Idol cross-pollinate?

- American Idol producers have talked about a cross-promotion with Empire, Fox's hot new series about a music industry family, perhaps getting some of the contestants on the scripted show.
- "The music connection would be silly to ignore," said Trish Kinane, executive producer of American Idol.
- The two shows air back-to-back on Wednesday

nights. Empire has been a success out of the box, already earning an order for a second season, while age has cost American Idol its long-time status of television's biggest show.

- Folks at Empire signalled an interest in the idea Saturday. "It would be stupid not to," said actor Terrence Howard, who plays the show's lead character, Lucious Lyon.

- American Idol producers, host Ryan Seacrest and judges Keith Urban, Jennifer Lopez and Harry Connick Jr. talked about steps being taken to get stronger performers among the finalists this season. While the show had good contestants last year, one reason it faded in the ratings is because some of them could have done more to connect with an audience, Seacrest said.

She's family first. She's a lot of things. She doesn't compromise at all — never herself, and never her truth. That's what I love about her ... She says things that

I might not have the guts to say. I love the way she dresses. I love how much she cares about her sons.

How is it working with Ter-

rence Howard again, your old pal from Hustle & Flow?

I just know that I really like working with Terrence. I trust him. And for me as an artist — acting, you really have to be

uninhibited. You cannot have any hang-ups.

Or if you do, they can't breathe and live through these characters, because their hang-ups aren't your hang-ups. So for me in order to fully explore characters without throwing Taraji in the mix, I have to feel safe ... And with Terrence, I'm so safe with him, I can try anything... We're friends. We've known each other, so it really works for Cookie and Lucious. When they came to me with the project, I said it has to be Terrence. When I cracked open the script, I saw no one but Terrence.

What's most challenging to you as an actress right now?

Challenging is getting what I think I deserve to be paid. (It's) challenging to get the projects I want done or greenlit. I'm still having to prove I'm bankable. But I think it's getting better!

I'm not one to wallow in the muck and say how bad. I don't harp on how bad things are... My thing is to prove each and every time I'm on the screen — whether it's TV, whether it's film, whether it's the stage — Taraji is going to deliver. So when I do get that moment — 'cause it's coming, I work too hard — when I do get that moment, that perfect movie comes along and some studio is going to say, 'I believe in her.' Not me and a man. Not me and another guy, no. Taraji P. Henson is going to open this film. Then I know that I'm doing my job.

THE ASSOCIATED PRESS

Lee Daniels
GETTY IMAGES

Homophobia

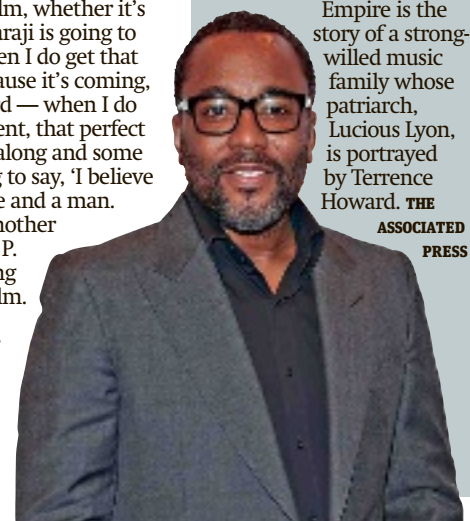
Show tackles hostility toward gays in black community

The creator of Fox's prime-time soap Empire said he wants to "blow the lid off homophobia" in the African-American community with a depiction of the show's lead character's hostile relationship with his gay son.

Lee Daniels, who was also behind the movies *The Butler* and *Precious*, said that his own father's hostility toward gays frightened him and he knows the same attitudes are being passed on from one generation to another in households around the world. "What we're trying to do is to give people the opportunity to see that what they're doing is painful," Daniels said.

Empire is the story of a strong-willed music family whose patriarch, Lucious Lyon, is portrayed by Terrence Howard. THE

ASSOCIATED PRESS



McCulloch's Young Drunk Punk is bringing the '80s back



Jim Carlson, left, as Ian McKay in *Young Drunk Punk*. CONTRIBUTED

Comedy. New show about growing up in Calgary follows a teen who just can't wait to get out of the suburbs

LISA WILTON
Metro in Calgary

Tim Carlson wasn't born until 1990, but he's becoming increasingly familiar with the decade of big hair and big shoulder pads.

The 24-year-old actor is the star of the new Canadian TV comedy series, *Young Drunk Punk*, which premieres tonight on City. Set in Calgary in 1980, the show is loosely based on creator Bruce McCulloch's experiences growing up in the city.

Carlson plays Ian McKay, an astute and opinionated 18 year old who can't wait to get out of the soul-crushing suburbs. It's a feeling Carlson strongly identifies with.

"I grew up in Victoria, B.C., which is a small city," Carlson says. "It's grown since I've been there, but I remember

Air date

- Young Drunk Punk premieres tonight on City.

when I was 17 and 18 all I wanted to do was get out of there. It was too small and I had to leave. And I think Ian feels the same way about Calgary. He has to go west. He has to go east. Anything. That definitely resonated with me."

A member of comedy trio Lorax Improv, Carlson says his theatre and improvisational

background may have helped him win the part.

He recalls improvising a scene for McCulloch (himself an alumnus of Calgary's famed Loose Moose Theatre) during an audition in July.

"He threw another scene at me after we'd done the two scenes I'd prepared," Carlson says. "So, I kind of did that on the fly and I think my improv background definitely helped me out on that."

"It's been fun to be able to use improv on set as well. But it doesn't come up too much. It really is a very well-written show."

New Zealand is for lovers

Accommodations.

Here are some dreamy hideouts if you're looking to hole up a world away with your partner

KATHY
ULLYOTT
scene@metronews.ca

Whether you and your beloved are honeymooning for the first or the 15th time, these spectacular New Zealand romantic retreats are perfect for your stay on the island of "the long white cloud."

Hotel DeBrett, Auckland hoteldebrett.com

With its thick bespoke, 100 per-cent-New-Zealand-wool carpeting, eclectic mix of Art Deco and mid-century furnishings and meticulous attention to comfort, the Hotel DeBrett is exactly what owner Michelle Deery designed it to be: a luxurious, stylish home base in the dramatic, cosmopolitan business capital of New Zealand. Right downtown on Auckland's High Street, the Hotel DeBrett features such luxuries as hand-screen-printed bed throws, spa bath and shower and salon-quality hair dryers. Its on-site restaurant, DeBrett's Kitchen, has won a wall full of awards, including Metro 2014 Restaurant of the Year.

Duke of Marlborough Hotel, Russell theduke.co.nz

The Duke proudly boasts that it has been "refreshing rascals and reprobates since 1827," when the Bay of Islands town of Russell was a raucous whaling port notorious for its, um, nightlife. Now, the



The Duke of Marlborough boasts romantic views of the Bay of Islands and the "freshest seafood in New Zealand."
ALL PHOTOS: CONTRIBUTED



The Farm at Cape Kidnappers is situated on a 6,000 acre working farm.

once-named "hell-hole of the Pacific" is a charming retreat, and Riki Kinnaird and three associates have transformed the old Duke into its jewel. In addition to 25 rooms, all with spectacularly romantic



Indulge in the Wai Ora's award-winning spa treatments.

views of the Bay of Islands, The Duke's restaurant claims "the freshest seafood in New Zealand" and its menu is a sampler of kiwi delicacies: Waikare Inlet oysters, green-lipped mussels, forest mushrooms, Matakana blue cheese and wild Raukumara venison.

The Farm at Cape Kidnappers, Hawke's Bay capekidnappers.com

You could be forgiven for wanting to spend your entire honeymoon vacation at this five-star luxury lodge hotel. A Relais & Chateau property on 6,000 secluded acres of working farm, it offers individual lodge accom-

If you go...

It's a long flight to the Antipodes (13 hours from Vancouver; 18 from Toronto), so fly as comfortably as you can. There are good reasons why Air New Zealand wins bundles of awards worldwide every year from both airlines' and travellers' associations; not least among them, their hilarious safety videos. (Right now, you can enjoy "An Unexpected Briefing" featuring a cast of hobbits, dwarves, elves and Peter Jackson himself.) You might even win your trip for free: go to airnewzealand.com and enter before Jan. 31, 2015 for a chance to win two economy class tickets.

Visit metronews.ca to find out about three more honeymoon destinations in New Zealand.

modation with incredible views of storied Cape Kidnappers — one of Captain Cook's original New Zealand landings. In addition to an infinity pool, par-71 golf course, an award-winning restaurant and luxury spa, you can enjoy cycling and trout fishing. However, The Farm is also a sanctuary for the famed kiwi, and a relationship between the hotel and New Zealand Environmental Services allows you to hike out on a Kiwi Discovery Walk with a conservationist to find the country's secretive emblem. You can also visit the gannet colony on Black Reef, or pack a picnic to take on any one of seven walking/cycling trails that wander through the gorges, woods and seashores of the property.

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Sunscape Curacao Resort Spa & Casino



Copthorne Hotel & Resort is within cycling distance of Maori sacred sites like Waipoua Forest.

The Spire, Queenstown thespirehotel.com

Owners (and sisters) Amelia and Lucy Gain purchased the elegant, 10-room Spire just over three years ago, and the hotel is a testament to their attention to pampering detail. Guests are greeted with welcoming bubbly, fruit and chocolate (for two, natch); sinuous Danish recliners invite relaxation before the fire-

place; L'Occitane toiletries accent a spa-style bath or shower. While right downtown in bustling Queenstown, the rooms are soothing and quiet, with views overlooking the 82-year-old St. Peter's Anglican Church, from which the hotel draws its name.

**Copthorne Hotel & Resort,
Hokianga millenniumhotels.co.nz/copthornehok-**

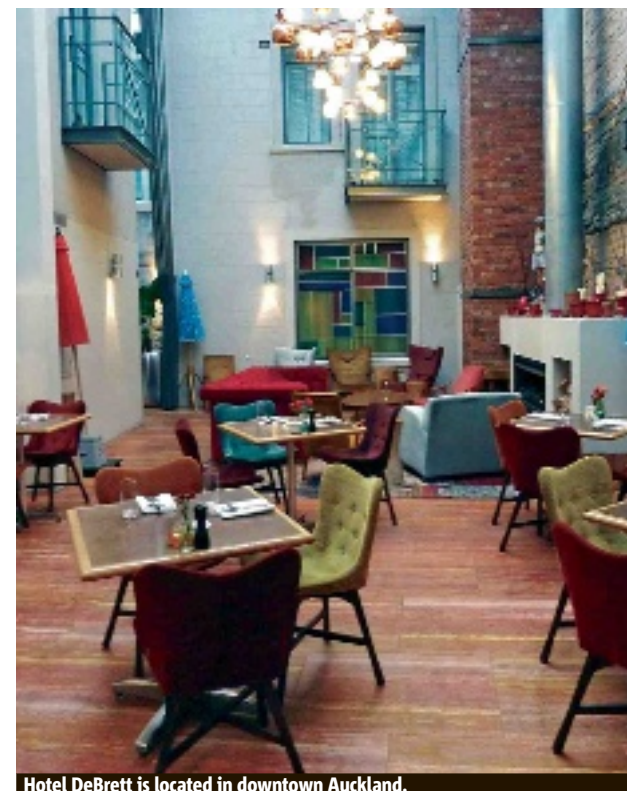
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According to legend, Kupe, the ancestor and founder of the Maori on New Zealand, landed here in Hokianga Harbour some 1,000 years ago, calling the protected inlet home. Right on the harbor, and just cycling-distance away from Maori sacred sites such as Waipoua Forest is the Copthorne Hotel and Resort, a 108-year-old boutique inn perfect for

weddings, receptions and honeymoons. Owner Pip Lloyd says many couples choose to wed at the spectacular grounds overlooking the Tasman Sea.

**Wai Ora Lakeside Spa
Resort, Rotorua
waioresort.co.nz**

The mineral-rich hot springs of Rotorua have been drawing health-conscious tourists to New Zealand since



Hotel DeBrett is located in downtown Auckland.

the mid-1800s. The Wai Ora (the name means "healing waters") is not just an ideal base from which to explore this history-rich area, but to also relax and indulge in international-award-win-

ning spa facilities and treatments.

The on-site Mokoia Restaurant offers Pacific Rim infusion cuisine, outstanding service and panoramic views of Lake Rotorua.

How-to

Navigate connecting flights

1. Mentally prepare yourself for weather delays — for planes, trains and automobiles.
2. Book flights as early as possible, and go with the morning routes. There is more chance of correcting a connecting problem if it occurs early in the day.
3. Leave lots of time between flights in case your starting leg is behind schedule.

4. What's the weather in your connecting city? Many people ignore this — don't be one of them. There's more chance of weather delays in New York than in Miami, for example.
5. Consider that smaller connecting airports will have fewer problems, less people, less traffic, etc.
6. Can't handle it? Pay the extra money to fly non-stop.

DOUG WALLACE/METRO

New

Barbados goes pet-friendly

Pack up your pets: Barbados is now allowing Canadian cats and dogs onto the islands. With 40 per cent of Canadians travelling to Barbados being repeat visitors, this sunny "second home" can now include the furry member of the family. Pets need to be ID'd with a microchip, be vaccinated against rabies and carry an official health certificate from the vet. Just think of the dog-sitting



money you'll save! Visit agriculture.gov.bb.
DOUG WALLACE/METRO

Stopover

Taste of Iceland

Tour operator Monograms is introducing an Iceland Stopover Program, enticing travellers on their way to and from Europe with a three-day mini tour, with digs at the swish Icelandair Reykjavik Marina Hotel. The trip includes breakfast, airport transfers, a sightseeing tour, a visit to Hallgrímskirkja Church and help from a local tour guide. From \$800, airfare not included. Icelandair



flies to 20+ European cities, so that's kind of a no-brainer. Visit monogramstravel.ca. **TEXT:**
DOUG WALLACE/METRO PHOTO: TIM STEWART

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Orlando: Not just Mickey Mouse

More than theme parks. Dining, shopping, and shows make this city worth a visit

VAWN HIMMELSBACH
For Metro

Orlando conjures up images of theme parks, but there is more to this city than roller-coasters and Mickey Mouse. Of course, visitors can expect a few new roller-coasters, too.

"Orlando really works for repeat visitors," said Mark Jaronski, vice-president of global communications with Visit Orlando. "If you're a historic city or a natural wonder, visitors don't want you to change. The beauty of Orlando is that (the city) will constantly change and people come back for that."

Canadians escaping the cold can get their

"sun fix," but still experience something new, he said.

While theme parks are constantly reinventing themselves, they now offer a range of private, behind-the-scenes experiences for small groups, such as swimming with dolphins at SeaWorld or going on a backstage tour of the savannah at Disney's Animal Kingdom.

But theme parks aren't just for kids. "Believe it or not, when you look at our total visitor mix, there are more people who visit without children than with children," Jaronski said.

But these days, there is also a lot to experience outside of Orlando's theme parks.

"Dining wasn't one of those thoughts that came immediately to mind

Upcoming in Orlando

- Skyplex is bringing the world's tallest roller-coaster to Orlando in 2016.
- Disney World is building an Avatar-inspired land set, slated to open in 2017, complete with floating mountains and bioluminescent rainforests.
- I-Drive 360 is an entertainment complex centred around a giant observation wheel, the Orlando Eye, opening this spring.

when you thought of Orlando," Jaronski said.

But the city is now seeing the rise of celebrity chefs and locally-sourced gourmet fare.

Scratch in Winter Park, for example, serves up modern American tapas with lo-



Take a ride on the Taumata Racer at Aquatica Orlando. CONTRIBUTED



The Everglades provide the perfect backdrop for a wild adventure into some wetlands. CONTRIBUTED

cal, seasonal ingredients, while The Smiling Bison in the Milk District offers a craft beer menu and farm-focused dining.

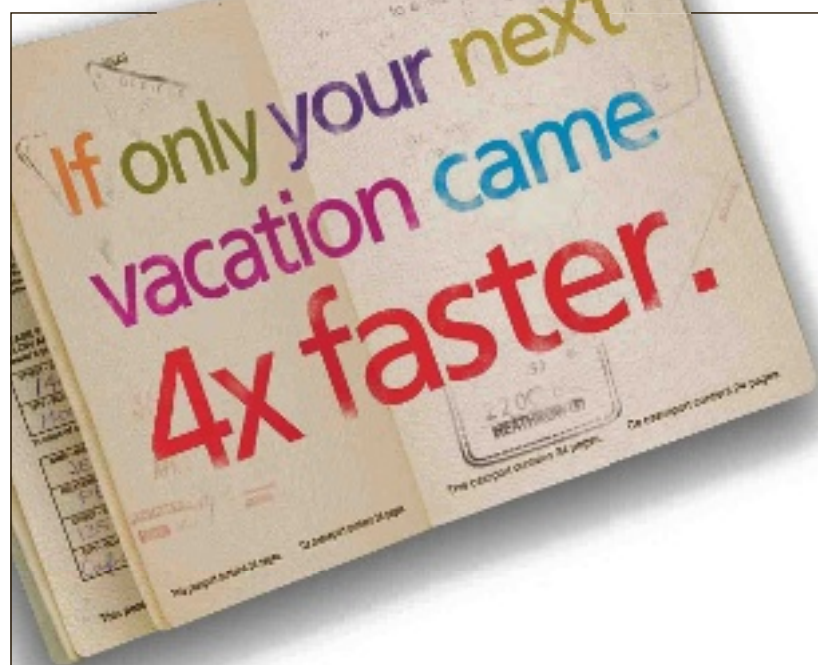
And the Artegon Marketplace recently opened for business — Florida's largest indoor artisan marketplace with more

than 160 studio spaces featuring one-of-a-kind boutiques and handcrafted items.

Even downtown Orlando is getting a facelift. The downtown core recently saw the opening of the state-of-the-art Dr. Phillips Center for the Performing Arts,

the new home for Broadway productions and the Orlando Ballet.

Jaronski also recommends Orlando's lesser-known neighbourhoods and districts, such as Winter Park, with its winding brick streets, boutiques, and outdoor cafés.



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Spaghetti moonlights as a savoury pie

Dinner. You lose the traditional pastry shell but still bake this dish and slice it up for a new take on pasta



DINNER EXPRESS
Emily Richards
food@metronews.ca

This spaghetti pie is a long time favourite for my family because it packs a punch when it comes to flavour and meal appeal.

Use your favourite spaghetti but be sure to cook it al dente, which translated means "to the tooth." It should still be slightly firm with a bit of a bite to it, so that means you'll have to be sure to taste your pasta while its cooking to note the change in texture. You might find that you like your pasta a little more al dente than you have been making it. By cooking pasta correctly you will enjoy the dish and also ensure a perfect flavour and texture each time.

Instead of the traditional spaghetti and meat sauce piled high on a plate, this dish is served up like a pie! Just bake the tasty mixture in a pie plate then serve it

FLASH FOOD



From your fridge
to your table in
about 30 minutes

Tip

- Make the spaghetti pie ahead of time and do not bake.
- Wrap and refrigerate for up to 1 day. Cover with foil and reheat in 350 F (180 C) oven for about 45 minutes.

to your family in wedges with a crisp green salad for a new twist.

Directions

1. In large saucepan cook turkey for about 5 minutes or until no longer pink. Drain in sieve to remove fat. Return saucepan to medium heat with oil and cook onion, garlic and Italian seasoning; stirring for about 2 minutes or until onion is softened. Return turkey to saucepan and add broccoli and tomato sauce; bring to a simmer, cover and cook for 5 minutes. Set aside.

2. In another saucepan, melt margarine over medium heat. Whisk in flour until



This recipe serves four. EMILY RICHARDS

smooth. Whisk in milk and cook, whisking for about 5 minutes or until starting to thicken and bubble. Whisk in cottage cheese and remove from heat.

3. Add al dente spaghetti to turkey mixture and stir in 1/2 cup (125 ml) of the cheese sauce. Pour into 10 inch (25 cm) deep dish pie plate; pressing down to flatten. Spread remaining cheese sauce over top and bake in 350 F (180 C) oven for about 20 minutes or until bubbly. Broil about 6 inches (15 cm) away from broiler for about 2 minutes or until golden on top, if desired. Let cool slightly before cutting into wedges to serve.

Ingredients

- 8 oz (250 g) extra lean ground turkey
- 2 tsp (10 ml) canola oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 tsp (5 ml) Italian herb seasoning
- 2 cups (500 ml) chopped broccoli
- 1 1/2 cups (375 ml) pasta sauce
- 2 tsp (10 ml) butter or soft non hydrogenated margarine
- 2 tbsp (30 ml) all purpose flour
- 1 cup (250 ml) skim milk
- 1/2 cup (125 ml) 1% cottage cheese
- 6 oz (175 g) cooked spaghetti (about 3 cups/750 ml)



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How to stand out in an interview situation

Career. Make yourself memorable using these one-on-one tips

VERONICA
YAO
TalentEgg.ca

One of the toughest parts of the job hunt is making it through the written application stage. While a resumé is excellent for communicating your skills and accomplishments, it's not a great tool for conveying your personality.

As soon as you're called in for an interview, you go from being words on a page to a living, breathing human being.

Now the ball is in your court — and the last thing you want to do is be forgettable. So here are some tips on how to make your first impressions count with a potential employer.

Wear something memorable

No, don't break out your powder-blue tuxedo. But wearing an appropriate, but memorable accessory can help you stand out among other applicants.

For instance, if you're wearing a suit, you could wear a bow tie, or a coloured pocket square.

If you decide to wear a dress or skirt, you could accessorize



Catching their eye with a little pop of colour is an easy but effective way of keeping you on their mind. ISTOCK

with some brightly coloured jewelry.

Many interviewees tend to play it safe by sticking with classic neutral colours — but even something small to make your outfit “pop” can help you do the same in an interviewer's mind. Furthermore, if your interviewer happens to like

what you're wearing, it could spark an interesting conversation that they're not going to have with other candidates.

Take an interest in them as a person

Yes, interviewers are people too. And when they finish their day at five o'clock, they go back

to their lives of being a parent, athlete, artist, volunteer — you name it.

People, for the most part, like talking about themselves. If you ask them about their day, and seem genuinely interested, they're usually happy to share.

So while there will be time for the spotlight to be on you,

remember to take some time before and after to make small-talk. If you're not sure where to begin, see if they have a LinkedIn profile. Take a look at their interests and previous experiences. Chances are, you'll find something you can bring up casually and chat about. And if you do it well, you will very likely leave a positive impression on your interviewer.

Be passionate and genuine

There's nothing more invigorating than watching someone who is passionate about what they do. It's important to show why you love what you do, and the energy that you'll bring to the company.

This doesn't mean that you eat, sleep, and breathe maintenance work 24 hours a day, or you'll work overtime because you absolutely love working with spreadsheets. Instead, your passion should stem from the satisfaction you get as a result of the job — or even aspects of the job.

An applicant might not love stocking shelves in retail, but they might get an immense sense of satisfaction from coming up with organizational plans and executing them.

You might even link your work ethic to a hobby in your life. If you are a fan of sports, talk about how that passion links to different facets in

Take notes

Taking notes tells your interviewer that you're listening.

- But more importantly, it says that you are invested in the information they're giving you, and you're open to learning new things. Even if a candidate has all the experience needed for the job, if they're not willing to learn, they're of little use to the employer.
- Bring along a notebook or a tablet to take your notes. If it has a colourful or eye-catching cover — bonus. Again, like a memorable accessory, this is another way you can start a conversation with your employer.
- One last point — don't be afraid to ask them to repeat something. Your note-taking skills are not being judged, but your attitude is.

your life, including work. Or if you're a musician, talk about skills you've gained through teamwork and collaboration.

Enhance your school experience with a part-time job

Career. The right position can provide more than just cash

LAKSHMI
GANDHI
Metro in New York City

Not many college students can say that they were paid to talk about beer throughout post-secondary school, but that's exactly what Liz Wessel did while she attended the University of Pennsylvania.

“I was the Anheuser-Busch rep on campus,” Wessel ex-

plains. “I considered my job a supplement to my education.”

It was during her time at Penn that Wessel and classmate J.J. Fliegelman decided to create a site exclusively geared toward students looking for jobs as campus reps. After graduation, the pair decided to create a firm

that would connect students with such companies.

Wessel was working in India for Google when she and Fliegelman decided to launch their new company Campus Job — which connects companies with interested student workers. In addition to listings for more conventional college students positions at coffee shops, it also recruits for larger companies as well. Her work experience as a campus rep provided much of the inspiration behind the website, she says.

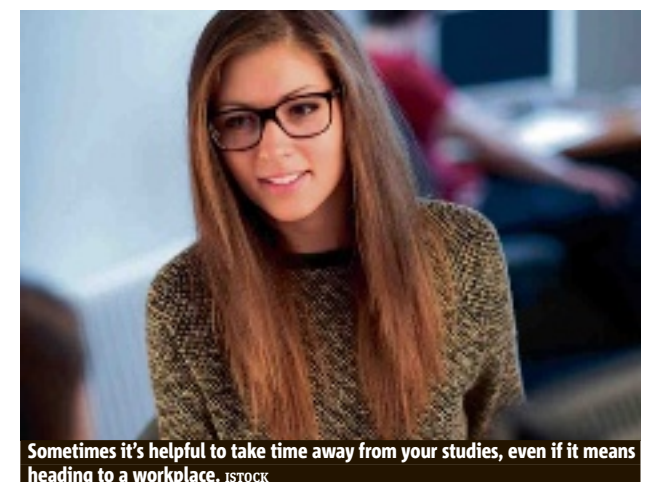
“I still had no idea what I wanted to do [while I was in college],” recalls Wessel, a political science major.

“It was actually my part-time job that led me to realize ‘Wow, I like marketing.’”

We talked to Wessel about how students can build their skills off-campus.

Become a better public speaker

“For my job I had to visit fraternities and sororities to talk about products and also promote the engineering jobs at



Sometimes it's helpful to take time away from your studies, even if it means heading to a workplace. ISTOCK

Anheuser-Busch. I had never gone in front of hundreds of peers to do something like that,” says Wessel.

Many of the jobs listed on the site require employees to be comfortable speaking in front of large groups, she notes.

Explore new fields

Wessel advises students use their part-time positions to gain

skills outside their courses of study.

“We did an analysis of recent grads and the majority of students said their majors had nothing to do with their jobs,” she notes. “We talked to a pre-med student who wanted to look for a job in marketing because they thought, ‘Let me try out a new field. Let me gain new skills.’”

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How to keep work from controlling your life

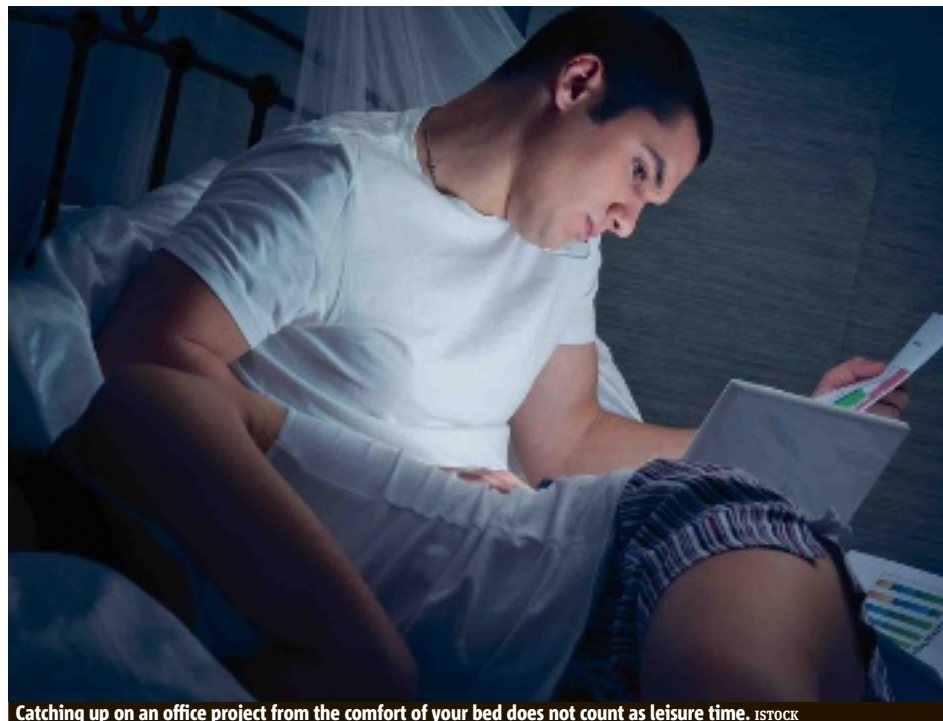
Career. It's important to maintain an existence outside of your nine-to-five

EMILY
LAURENCE
Metro in New York City

Chances are, even if you love your job, you want your life to be more than just work, work, work. But instead of using off-hours to pursue a new hobby, many either don't have the energy or are still "on," responding to constant emails.

"Technology has freed us up in many ways, but at the same time it's imprisoned us. It's very difficult to create boundaries," says Brigid Schulte, author of *Overwhelmed: Work, Love and Play When No One Has Time*.

To help create boundaries, Schulte advises setting aside a certain time each day to check email and that's it. She also says that leaving work "on time" won't keep



Catching up on an office project from the comfort of your bed does not count as leisure time. ISTOCK

you from getting ahead. "The way you get ahead is [simply] to do really great work," she says.

The sad thing is, according to leisure researcher Roger Mannell, even when people have a block of time

free, they don't know what to do with it. That leads to mindlessly watching TV, messing around on your

What's the secret?

There is no rule of thumb like 'x' amount of leisure time makes you feel great. Control and choice are the keys."

Brigid Schulte
Author of *Overwhelmed: Work, Love and Play When No One Has Time*

phone and not doing anything that leaves you feeling satisfied with how you used your time.

"There is no rule of thumb like 'x' amount of leisure time makes you feel great," Schulte says.

"Control and choice are the keys."

It's important to think about what you really want to do with your free time — whether it's meeting up with friends more, blogging or working out — and then setting aside a devoted time on a regular basis where you are fully immersed and not doing it while checking your phone at the same time.

What work-life balance looks like

Craig Nevill-Manning has a demanding job as an engineering director at Google, building features like their Crisis Response organization and improving the search engine's functions. But for years, he wanted to pursue another interest of his in his off-time: opening up a café.

He opened Happy Bones café and has struck a balance between working full-time and tending to his passion project on the side.

"I have great partners, including my wife, and a great café manager," he tells us.

"And at Google, we encourage employees to have a good work-life balance."

Being honest with your managers about your outside passions and not hiding them is one key to helping you do it all; they'll respect why you are leaving work on time.

"Life is all about variety," Nevill-Manning says.

And developing a good work-life balance is part of that.



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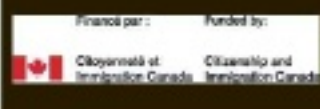
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Senators search for better things in Big Apple

Ottawa Senators goalie Craig Anderson makes a save in the second period of Tuesday night's game against the New York Rangers at Madison Square Garden in Manhattan.

Go to metronews.ca to see if the Senators, who entered the game 10 points out of a playoff spot, could get back on the winning track after Saturday's 3-2 loss to Carolina.

BRUCE BENNETT/GETTY IMAGES



Maple Leafs

Spectators in T.O. tossed, fined for jersey throws

Three spectators are facing fines and one-year bans from Air Canada Centre after throwing Toronto Maple Leafs jerseys on the ice in a 4-1 loss to the Carolina Hurricanes.

Jerseys have been tossed on the ice on occasion throughout the regular season but the fans' frustration appears to be mounting as the Maple Leafs have lost 13 of their last 16 games.

There were three jersey-throwing incidents on Monday night, including one that occurred while play was underway.

The offence, specifically called "engage in prohibited activity," is not a criminal charge but it carries a fine of about \$125.

THE CANADIAN PRESS

NFL playoffs

Patriots taking air fiasco lightly

The New England Patriots are brushing off and even finding humour in questions about whether they used under-inflated footballs in the game that put them in the Super Bowl.

The NFL hasn't indicated how long its investigation will last into whether the team improperly let air out to make balls easier to throw and catch.

Tight end Rob Gronkowski tweeted a photo of himself spiking the ball with the words: "WARNING GRONKING MAY CAUSE DEFLATION."

THE ASSOCIATED PRESS

World Cup prices will vary across Canada

Women's soccer.

Single-ticket prices released for top event

From a preliminary-round doubleheader for as low as \$20 to a \$165 premium ticket for the final, there is no shortage of ticket options for the Women's World Cup.

While ticket packages went on sale in September, organizers released Tuesday the pricing structure for individual tickets in six Canadian cities this summer.

Individual tickets go on sale worldwide at noon ET Feb. 26,

Ottawa deals

Ticket prices vary. The cost for the Canada-China opener June 6 at Edmonton's Commonwealth Stadium is \$50, \$80, \$95 or \$115 but that also includes a match between New

Zealand and the Netherlands.

- Contrast that with a preliminary-round doubleheader in Ottawa, where the range is \$20.15 to \$80.

100 days before the opening match of the 24-team tournament. Visa holders can take advantage of a pre-sale starting Feb. 6.

Tickets will be available on the Internet (see www.fifa.com/canada2015 for more information) or via phone.

The 52-match tournament

cessible sport and we wanted to make sure we translate that into our ticket sales program," said Peter Montopoli, general secretary of Canada Soccer, which serves as the tournament's national organizing committee.

More than 400,000 tournament tickets have already been sold.

The tournament organizers are expecting one-third of ticket sales, in terms of total attendance, to come from ticket packages with two-thirds from individual tickets.

Canada Soccer's attendance target for the tournament is 1.5 million.

THE CANADIAN PRESS

Australian Open. Canucks move on Down Under

Canadians Milos Raonic and Vasek Posipil advanced to the second round of the Australian Open on Tuesday.

The hard-serving Raonic finished a 7-6 (3), 7-6 (3), 6-3 victory over Ukraine's Ilya Marchenko with an ace while Pospisil squeezed out a tense win over American Sam Querrey in three hours, 6-3, 6-7 (5), 2-6, 2-6, 6-4, 6-4.

Raonic, who lost the Brisbane final this month to Swiss star Roger Federer, fired 28 untouchable serves, his best at 228 km/h.

THE CANADIAN PRESS



Milos Raonic celebrates his win over Ilya Marchenko on Tuesday in Melbourne, Australia. GETTY IMAGES

NHL draft rankings

McDavid ranked No. 1, as expected

NHL Central Scouting's mid-season rankings are out, and to no one's surprise Connor McDavid is at the top.

The Erie Otters centre is the runaway favourite to be selected first overall at the 2015 NHL draft.

"It's cool, (but) it really doesn't mean anything," McDavid said. "You don't dream about being ranked No. 1 at the mid-term rankings. It's all about what's down the line here."

THE CANADIAN PRESS

MLB. Ex-Jays outfielder finds work in Houston

Outfielder Colby Rasmus has agreed to an \$8 million, one-year contract with the Houston Astros.

The deal was announced Tuesday, a day after Houston dealt last year's starting centre fielder, Dexter Fowler, to the Chicago Cubs.

The 28-year-old Rasmus started 80 games in centre field for the Toronto Blue Jays last season and has played both right and left field in his six-year big league career. He batted .225 with 18 homers and 40 RBIs last season.

THE ASSOCIATED PRESS



Colby Rasmus signed a one-year deal with the Astros on Tuesday. GETTY IMAGES FILE

Senators all-time all-star team



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Two of the Senators' hottest players of late, Bobby Ryan and Mike Hoffman, make all-star appearances this weekend.

Now in his eighth NHL season, Ryan will be playing in his first all-star game Sunday in Columbus — not bad for someone who broke his

finger two months ago. As a rookie invitee, Hoffman will compete in the skills event Saturday. Senators fans hope last season's Amer-

ican Hockey League's fastest skater champ gets an opportunity to display his blazing speed in the NHL contest. Since the league is cele-

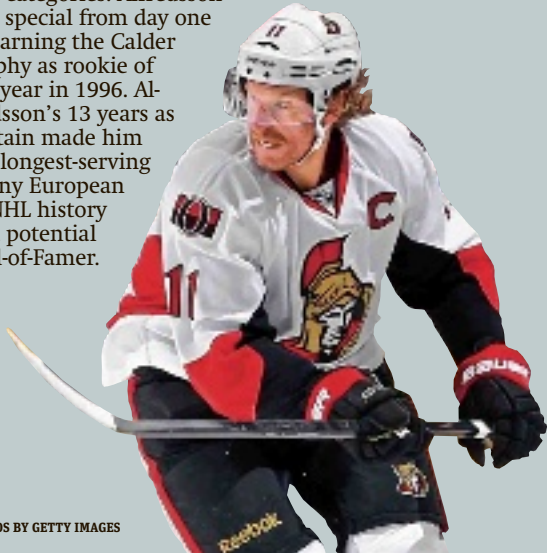
brating all things great this week, let's take a look at one person's opinion (mine) of the Senators all-time all-star team:

FORWARDS

Daniel Alfredsson

GP	G	A	Pts
1,178	426	682	1,108 in 17 seasons

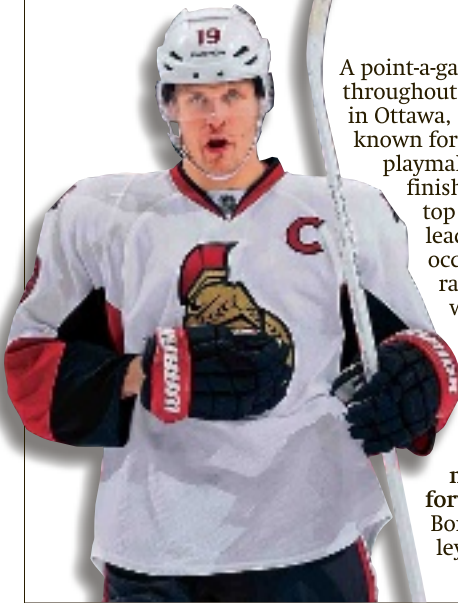
The club's most decorated performer in most offensive categories. Alfredsson was special from day one — earning the Calder Trophy as rookie of the year in 1996. Alfredsson's 13 years as captain made him the longest-serving of any European in NHL history — a potential Hall-of-Famer.



PHOTOS BY GETTY IMAGES

Jason Spezza

GP	G	A	Pts
686	251	436	687 in 11 seasons



A point-a-game player throughout his career in Ottawa, Spezza was known for his deft playmaking skills, finishing among top 10 NHL assists leaders on three occasions. Spezza ranked second with 71 assists in 2005-06 despite missing 14 games.

Honourable mentions at forward: Radek Bonk, Dany Heatley, Alexei Yashin



Marian Hossa

GP	G	A	Pts
467	188	202	390 in 7 seasons

In six full seasons, Hossa was a three-time 30-goal scorer, reaching a high of 45 in 2002-03 — second league-wide. Hossa's 45 goals was a club record at the time. The Senators' 1997 first-round pick was dealt in a controversial move to Atlanta for Dany Heatley in 2005.

DEFENCEMEN AND GOALIE



Erik Karlsson

GP	G	A	Pts
359	71	196	267 in 6 seasons

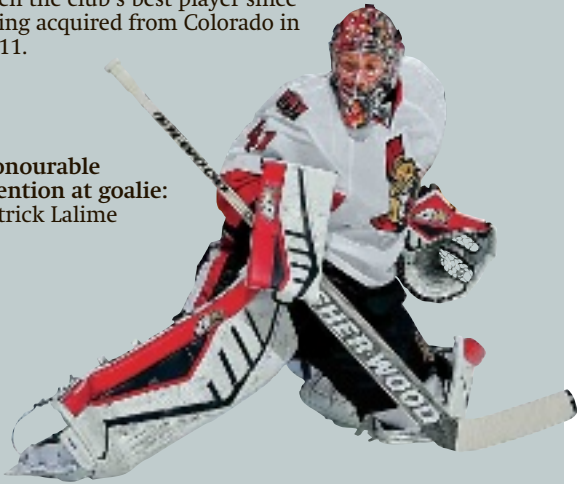
At age 21, Karlsson became the second-youngest defenceman to win the Norris Trophy. In his first five seasons Karlsson has finished among the NHL's top 10 assist leaders twice and points once. Karlsson has 30 points more than any defenceman in the past four seasons, despite playing less, missing 31 games in 2013 due to a torn Achilles.

Craig Anderson

GP	W	L	T	SO	GAA	SV%
187	93	63	23	15	2.57	.921 in 5 seasons

Anderson led the NHL with a 1.69 goals-against average and .941 save percentage in 2013 — leading the Senators to their first playoff series victory since 2007, defeating the Canadiens. Beyond Karlsson, Anderson has been the club's best player since being acquired from Colorado in 2011.

Honourable mention at goalie: Patrick Lalime

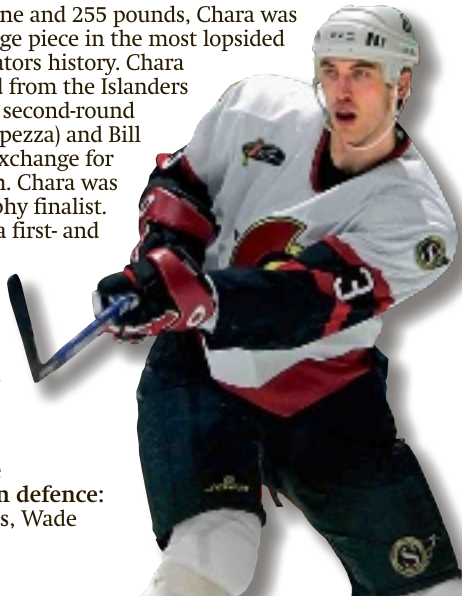


Zdeno Chara

GP	G	A	Pts
299	51	95	146 in 4 seasons

At six-foot-nine and 255 pounds, Chara was literally a large piece in the most lopsided trade in Senators history. Chara was acquired from the Islanders along with a second-round pick (Jason Spezza) and Bill Muckalt in exchange for Alexei Yashin. Chara was a Norris Trophy finalist. Also named a first- and second-team all-star during his four seasons with Ottawa.

Honourable mentions on defence: Chris Phillips, Wade Redden



[illegible]

2015 Volkswagen GTI

- **Type.** Three- or five-door sport hatchback
- **Engine.** 2.0-litre turbocharged I4 (210 hp)
- **Transmissions.** Six-speed manual, six-speed DSG automatic
- **Price.** \$29,390 base, \$34,985 as tested

Market position

- A performance model of the VW Golf lineup, just below ultimate Golf sportster, the Golf R.
- Pioneer of the Hot Hatch movement, which proves that a small, practical, and relatively inexpensive car can still offer excellent performance.
- Three trim variants: base 3-door, 3-door Autobahn, 5-door Autobahn.

Points

- 2015 is the first year for the 7th-generation Golf and GTI.
- Longer, lower and wider than the previous GTI. Also more aerodynamic, lighter, and more fuel-efficient.
- Engine is the latest version of VW's 2.0-litre direct-injection turbo, with 201 hp and 258 lb.-ft. of torque.
- Still using GTI's trademark and quirky tartan cloth seat material.



The GTI comes with two or four doors, along with the hatchback.

Notable features

- 18-inch wheels, red brake calipers, flat-bottom sport steering wheel.
- 5.8-inch touch-screen that you don't need to touch (uses proximity sensors).
- Available premium audio system with eight speakers and a subwoofer, designed by Fender.
- Forward-collision warning system. Electronic stability control with sport mode.

Hot hatch still brings the heat



PHOTOS: MIKE GOETZ

Review. Next-gen Golf makes a wonderful base for the new GTI. Bigger, lower, faster and more of everything you want

MIKE
GOETZ
drive@metronews.ca

Volkswagen's GTI might not have been the first hot hatch when it debuted way back in late 1970s. But it was the first to sell in big numbers, which helped popularize the concept of a fun, performance vehicle that was also practical and economical.

The 2015 GTI is the seventh generation of this hot hatch from Germany. It is still wearing plaid or tartan seat material, just like the original, and is still a wonderful idea — but now even

more wonderfully executed.

For one thing, I think it's the best-looking GTI yet, with clean bodylines, and LED-infused headlamp cluster, and 18-inch alloy wheels, which look massive on such a compact vehicle.

As scripted by those big wheels and the aggressive, low-profile tires, the GTI bites into corners and accelerates out of them with precision and competence. And the new variable, electric steering system delivers just the right feel and quickness through a chunky steering wheel, which now features a flat bottom like a race car.

I feared those low-profile tires were going to deliver a punishing ride, but the car is comfortable around town and nice and stable, not twitchy, on the highway.

Although I haven't driven this new GTI on a track, those who have suggest it might be



GTI keeps its traditional plaid or tartan seats, but adds a flat-bottom racing wheel.

a bit soft for at-the-limit driving. But who cares, when it is so perfectly optimized for spirited street driving?

The car also finally gets a selectable sport mode for its stability control system, so you can have fun further down the traction scale before the safety systems kick

in to save your hide.

The new 2.0-litre turbo engine is also a high point, delivering 210 horses and 248 lb.-ft. of torque in a really linear — and fun — manner. There is no turbo lag to speak of, and it revs easily and in a refined manner right to the top. Sounds good, too.

Compare



1 Ford Focus ST
Base price: \$30,664
Hot-hatch version of the Focus offers 252 horses and is very racy.



2 Subaru WRX
Base price: \$31,645
Sporty Sube offers 268 horses but no hatchback option.



3 Mini Cooper
Base price: \$27,862
Retro-cute two-door model packs in 189 horses.

My tester had the six-speed manual transmission, and it shifted as smoothly as any I've tried in a while. A six-speed automatic is optional.

The new Golf platform is bigger and wider, so the GTI predictably offers more room and general comfort. The eight-way power sport seats are massive and supportive.

So what's not to like?

Well, prices are climbing on this sports car for the masses. The new GTI starts at \$27,995, and our top-shelf Autobahn trim, with the optional Technology Package, was sitting pretty at \$33,590.

But if you're a fan of hot hatches, you will undoubtedly be drawn to the heat of the new GTI.

5 DRIVE



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SL AWD Premium model shown[▲]

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Platinum model shown[▲]

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Platinum AWD model shown[▲]

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't be tempted to try something you're not familiar with. With Mercury beginning a retrograde phase mistakes are more likely than not.

♉ Taurus

April 21 - May 21

You may find it hard getting through to a loved one today but it's no big deal so don't worry about it. Chances are they don't want to hear what you have to say. Don't press it.

♊ Gemini

May 22 - June 21

If your sixth sense tells you that someone is not being honest with you then, yes, you should be on your guard. But don't make accusations unless you can back them up with facts.

♋ Cancer

June 22 - July 23

Something you had high hopes for seems to have come to nothing and you are disappointed. Don't dwell on it because there are other interesting things you could be doing.

♌ Leo

July 24 - Aug. 23

The planets urge you to keep a low profile today because if you call attention to yourself in your usual Leo way someone may decide to make a target of you.

♍ Virgo

Aug. 24 - Sept. 23

If you make a move without your partner's permission you may never hear the last of it. Whatever you want to do today be clear with your partner.

♎ Libra

Sept. 24 - Oct. 23

A friend may want you to join them at a social event today but don't force yourself if you don't feel up to it. Cosmic activity in the wellbeing area of your chart means you need rest.

♏ Scorpio

Oct. 24 - Nov. 22

It may be hard to stay calm if someone in a position of power gives you a hard time but chances are they are winding you up to see how you react.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone may say you have no right to occupy a certain position but as far as you're concerned possession is nine-tenths of the law and you intend to stay where you are.

♑ Capricorn

Dec. 22 - Jan. 20

As mind planet Mercury begins a retrograde phase, the more others try to convince you that something is clearly right the more likely it is to be wrong.

♒ Aquarius

Jan. 21 - Feb. 19

Sometimes it's OK to be suspicious and this is one of those occasions. If your sixth sense tells you to take care then be smart and listen to it.

♓ Pisces

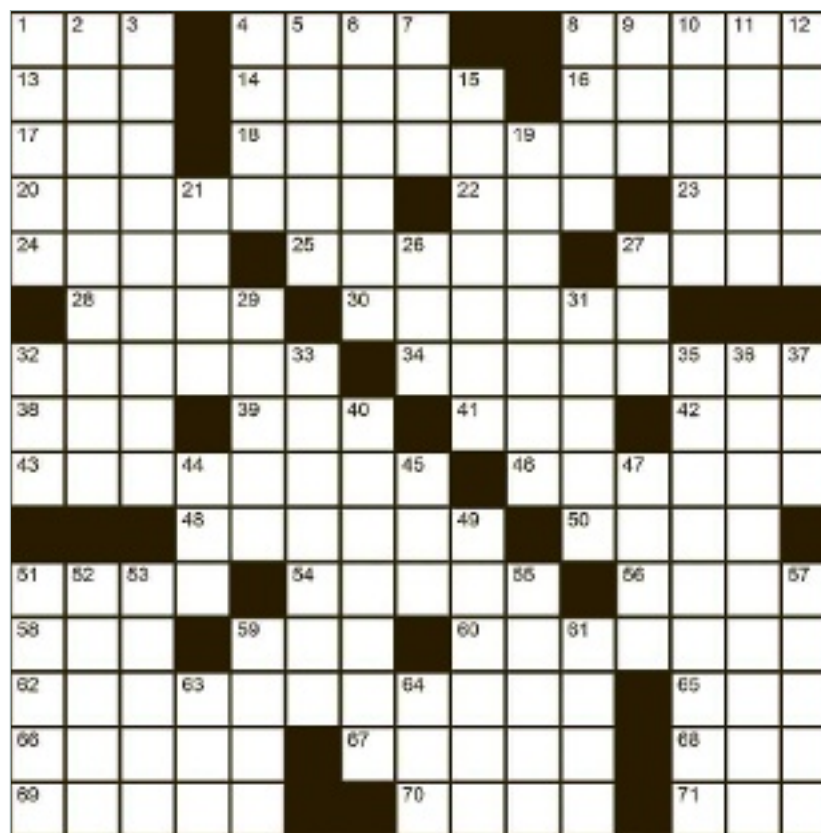
Feb. 20 - March 20

Do you listen to someone who claims to know what is going on or do you listen to that voice inside your head that says they are talking trash? You know the answer to that one already.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Current 007 portrayer ...his initials-sharers
4. Clever ones
8. Ceremony spot
13. McDonald's founder's monogram
14. Major artery
16. ___ Bridge ...It connects Canada (Fort Erie, Ontario) to the USA (Buffalo, New York)
17. "___ questions?"
18. Merchant sort
20. Heart-related
22. Tic-Tac-Toe loser
23. ___ Islands, Indonesia
24. Aroma, variably
25. Cupboard part
27. Formal org.
28. Long-range weapon, commonly
30. Largest private sector union in Canada
32. Lise Watier fare
34. Street-side stand
38. Singleton
39. Debit opps.
41. Mr. Pendleton of "Northwest Passage"
42. Mon. in Montreal
43. Dave ___ Band
46. "You ___ worry." (There, there...)
48. Friendly
50. Rhett's expletive
51. Advocate
54. Victorious: 2 wds.
56. Pronounces
58. 'Bad'-meaning prefix



59. Fad game disc
60. French actress Ms. Paradis
62. "Smalltown Boy" band: 2 wds.
65. Mr. Robbins
66. Particular puzzle
67. Without plasmas, e.g.: 2 wds.
68. AB city

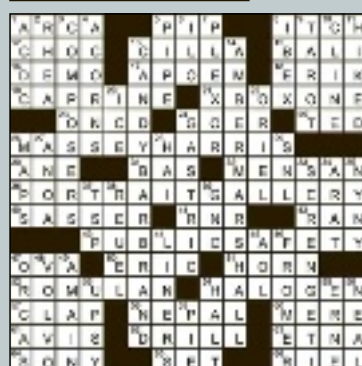
69. "Things ___ what they seem."
70. Get from ___ (Advance slightly)
71. King: Spanish

- Maple Syrup, Ottawa...
3. Intensely increase
4. "What ___ thinking?"
5. Bits
6. East Central Alberta town
7. Bering, e.g.
8. Acme

9. Cake brand, with Sara
10. Spanish appetizers
11. Great tennis servers
12. Any "Corner Gas" episode now
15. ___ harp (It sounds in the wind)
19. Moe ___, Toronto-

- born jazz musician
21. "Will the ___ able to see me?" ...wondered the patient
26. Blown-up pic
27. Alsatian artist Jean
29. A lot, in Spain
31. Selected
32. Blythe, to Gwyneth
33. Make some stuff for the meal ahead of time
35. Da Vinci or Rembrandt, for example: 2 wds.
36. City TV's neighbourly Canadian sketch comedy show
37. Mtn. blaster
40. Flute tune by #19-Down: "___ Shepherd Blues"
44. Blood-sucker, when doubled
45. Roosted
47. Alleviate
49. Pattie ___-Reid, Chief Financial Commentator for CTV News
51. Space shadow
52. Less common
53. Spherical map
55. 'The Flying Finn' Mr. Nurmi
57. Sugar ___, Canadian comedian
59. Attention-getter
61. US travel watchdog
63. Called-one's occupation
64. Fluffy scarf

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

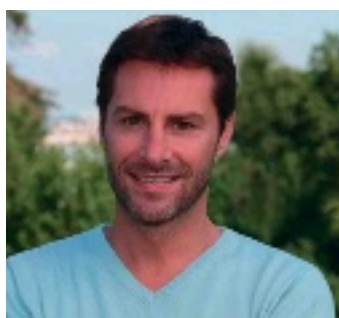
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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2014 Accent
"Highest Ranked Small Car in
Initial Quality in the U.S."¹

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM*



GLS model shown⁺

2015 ACCENT 4DR L MANUAL

ALL-IN CASH PURCHASE PRICE:

SELLING PRICE:
\$9,400

DELIVERY &
DESTINATION:
\$1,595

\$10,995⁺

INCLUDES
\$4,185 IN FREE TRADE PRICE
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TRADE BONUS⁺

INCLUDES A 60-MONTH LIMITED WARRANTY^{††}!



2014 Elantra
"Highest Ranked Compact Car
in Initial Quality in the U.S."¹

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*



Limited model shown⁺

2015 ELANTRA L MANUAL

ALL-IN CASH PURCHASE PRICE:

SELLING PRICE:
\$10,900

DELIVERY &
DESTINATION:
\$1,595

\$12,495⁺

INCLUDES
\$5,135 IN FREE TRADE PRICE
REDUCTION AND FREE
TRADE BONUS⁺

INCLUDES A 60-MONTH LIMITED WARRANTY^{††}!



HWY: 9.3L/100 KM
CITY: 11.6L/100 KM*



Limited model shown⁺

2015 TUCSON GL FWD

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THAT'S LIKE PAYING
\$59
WEEKLY

AT
0%⁰
LEASING FOR
60 MONTHS

INCLUDES
\$750 IN FREE TRADE BONUS⁺

INCLUDES A 60-MONTH LIMITED WARRANTY^{††}!



5-Star Overall
Crash Safety
Rating⁺



HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*



Limited model shown⁺

2015 SANTA FE SPORT 2.4L FWD

SELLING PRICE:
\$23,200

DELIVERY &
DESTINATION:
\$1,795

ALL-IN CASH PURCHASE PRICE:
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INCLUDES
\$3,835 IN FREE TRADE BONUS⁺

INCLUDES A 60-MONTH LIMITED WARRANTY^{††}!

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Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

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WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty^{††}
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



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NEW POSSIBILITIES.[™]

©/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. +Cash price of \$10,995/\$12,495/\$24,995 available on all new 2015 Accent 4-Door L Manual/Elantra Sedan L Manual/Santa Fe Sport 2.4L FWD models and includes price reductions of \$300/\$600/\$0. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,795, fees, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. 0Leasing offer available O.A.C. from Hyundai Financial Services based on a new 2015 Tucson GL FWD with an annual lease rate of 0%. Bi-weekly lease payment of \$119 for a 60-month walk-away lease. Down Payment of \$695 and first monthly payment required. Total lease obligation is \$16,017.30. Lease offer includes Delivery and Destination of \$1,760, levies, and all applicable charges (excluding HST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. \$0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km on all models except Genesis Sedan and Equus where additional charge is \$0.25/km. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. 0Free trade bonuses are calculated against the vehicle's starting price. Free trade bonus of up to \$3,885/\$4,535/\$750/\$3,835 available on all new 2015 Accent 4-Door L Manual/Tucson GL FWD/Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Ottawa favourite brand statement based on September 2014 Polk sales report of Hyundai vehicles in competing segments. †Prices of models shown: 2015 Accent GLS Auto/Elantra Limited/Tucson Limited AWD/Santa Fe Sport Limited AWD are \$20,930/\$26,930/\$35,895/\$41,580. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,760/\$1,795, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. †Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited (HWY 6.7L/100KM; City 9.7L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †The Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality Study[®] (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ††Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.